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Том Сториз

Английский язык для младшей школы

Темы, лексика и упражнения

Том Сториз
Английский язык для
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<https://litres.ru/74245353>

ISBN 9785007042925

Аннотация

Учебное пособие по английскому языку уровня А2, ориентированное на развитие базовых навыков общения. Книга включает тематические тексты, полезную лексику, речевые модели и практические задания. Материал отражает повседневные ситуации и способствует формированию уверенной устной и письменной речи. Подходит для школьников и самостоятельного изучения.

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для младшей школы
Темы, лексика
и упражнения**

Том Сториз

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ISBN 978-5-0070-4292-5

Создано в интеллектуальной издательской системе Ridero

Введение

Данное учебное пособие предназначено для учащихся младшего уровня владения английским языком. Его основная цель заключается в формировании базовых коммуникативных навыков через системную работу с актуальными и понятными темами, отражающими повседневную жизнь.

Структура книги построена по единым принципам. Каждая глава включает связный текст, лексический материал, речевые модели и практические задания. Такой подход позволяет не только усваивать новую лексику, но и применять её в устной и письменной речи. Особое внимание уделено устойчивым выражениям и типовым конструкциям, необходимым для формирования навыков говорения.

Содержательное наполнение ориентировано на интересы учащихся. Темы подобраны с учётом возрастных особенностей и охватывают основные сферы жизни: общение, учебу, досуг, технологии, эмоции и повседневные ситуации. Это обеспечивает практическую направленность обучения и способствует развитию мотивации.

Тексты написаны на доступном уровне сложности и соответствуют требованиям уровня A2. В них используются как

простые, так и базовые сложные предложения, что позволяет постепенно расширять языковую компетенцию. При этом сохраняется естественность языка, приближённая к реальному общению.

Практические задания направлены на развитие самостоятельной речи. Учащимся предлагается отвечать на вопросы, расширять свои высказывания и использовать изученную лексику в новых контекстах. Это способствует закреплению материала и развитию уверенности при использовании английского языка.

Данное пособие может использоваться как в рамках учебного процесса, так и для самостоятельной работы. Оно ориентировано на последовательное развитие языковых навыков и формирование устойчивой базы для дальнейшего изучения английского языка.

My Typical Day

Text

My typical day usually starts at 7 a.m. I wake up when my alarm goes off, but sometimes I hit the snooze button because I feel tired. After that, I get out of bed and go to the bathroom. I wash my face, brush my teeth, and get dressed. I don't like to hurry in the morning, but I often don't have enough time, so I have to do everything quickly.

Then I go to the kitchen and have breakfast. I usually eat something simple like eggs or a sandwich, and I drink tea or coffee. I like to start my day with a warm drink because it helps me wake up. Sometimes I check my phone while I eat, but I try not to spend too much time on it.

After breakfast, I get ready to leave the house. If I study or work, I take my bag and make sure I have everything I need. I don't like to forget things, so I often check my bag twice. Then I go outside and travel to my school or workplace. I usually go by bus, but sometimes I walk if the weather is nice.

During the day, I have different activities. I attend classes or do my work, and I try to stay focused. Sometimes it is easy, but

sometimes I feel tired or distracted. When I have a break, I like to relax, talk to my friends, or check my messages. It helps me feel better and continue my day.

At lunchtime, I usually eat with my classmates or colleagues. We often talk about our day, share ideas, or just have fun. I like this time because it is a good way to relax and connect with people. After lunch, I go back to my tasks. The afternoon can feel long, especially when I have a lot to do.

When my day at school or work finishes, I go home. On the way home, I sometimes listen to music or think about my day. It helps me relax. When I get home, I usually take a short break. I might lie down, watch a video, or just do nothing for a while.

In the evening, I often do my homework or finish some tasks. I try to stay productive, but sometimes I feel lazy, so I need to motivate myself. After that, I have dinner. I usually eat with my family, and we talk about our day. I enjoy this time because it feels warm and comfortable.

Later in the evening, I relax. I might watch a series, read a book, or spend time online. Although I like relaxing, I try not to stay up too late because I need enough sleep.

Before I go to bed, I prepare for the next day. I pack my bag,

choose my clothes, and set my alarm. Then I go to bed around 11 p.m. I usually fall asleep quickly because I feel tired after a long day.

Key Vocabulary and Expressions

wake up — просыпаться

alarm goes off — будильник звонит

hit the snooze button — нажать «отложить»

get out of bed — встать с кровати

have breakfast — завтракать

get ready — собираться

make sure — убедиться

forget things — забывать вещи

check twice — проверять дважды

go by bus — ехать на автобусе

stay focused — оставаться сосредоточенным

feel distracted — чувствовать себя отвлечённым

take a break — делать перерыв

check messages — проверять сообщения

go back to — возвращаться к

on the way home — по дороге домой

feel lazy — чувствовать лень

motivate myself — мотивировать себя

stay up late — ложиться поздно

get enough sleep — высыпаться

prepare for — готовиться к
fall asleep — засыпать

Useful Patterns

I usually start my day with... — Я обычно начинаю день с...

I try to..., but sometimes... — Я стараюсь..., но иногда...

It helps me... — Это помогает мне...

I don't like..., so I... — Мне не нравится..., поэтому я...

When I have time, I... — Когда у меня есть время, я...

I often feel..., because... — Я часто чувствую..., потому что...

After that, I... — После этого я...

Before I go to bed, I... — Перед тем как лечь спать, я...

Practice: Answer the Questions

What time do you usually wake up?

What do you do in the morning?

How do you spend your day?

What do you usually do in the evening?

Do you have a daily routine? Why?

What part of the day do you like most?

Model Answers

I usually wake up at 7 a.m. I try to get out of bed quickly, but

sometimes I feel tired and hit the snooze button.

In the morning, I get ready and have breakfast. I usually start my day with a cup of tea because it helps me wake up.

During the day, I study and try to stay focused. Sometimes I feel distracted, so I take short breaks.

In the evening, I relax and spend time with my family. After that, I prepare for the next day.

Yes, I have a daily routine because it helps me stay organized and productive.

I like the evening most because I can relax and do what I enjoy.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

I usually prefer the evening because I can relax and take a break after a busy day. For example, I often watch a series and check my messages, which helps me feel better.

Practice: Complete the Sentences

I usually wake up when my _____ goes off.

In the morning, I try to _____ ready quickly.

During the day, I try to stay _____.

After school or work, I usually take a _____.

Before I go to bed, I _____ for the next day.

Morning vs Evening Person

Text

People are different when it comes to their daily energy. Some people are morning people, while others are evening people. A morning person feels active and productive early in the day. An evening person feels better later in the day and often has more energy at night. I think I am somewhere in the middle, but I have some habits of both types.

Morning people usually wake up early without a problem. They feel fresh and ready to start the day. They like to begin their day with simple routines such as stretching, having breakfast, or planning their tasks. Many morning people say that they can focus better in the morning because their mind is clear. They often finish important work before lunch, so they feel relaxed later.

Evening people are different. They often find it difficult to wake up early, especially if they go to bed late. In the morning, they may feel sleepy and need more time to become active. However, in the evening, they feel full of energy. They can work, study, or be creative for many hours. Some evening people say that they have their best ideas at night because it is quiet and there

are fewer distractions.

Both types have their advantages and disadvantages. Morning people have more time during the day, so they can do many things. They can also follow a schedule more easily because most schools and workplaces start early. However, they may feel tired in the evening and not have enough energy to enjoy their free time.

Evening people often enjoy their evenings more. They can relax, watch something interesting, or work on personal projects. They may feel more creative and свободными at night. However, they sometimes have problems with early schedules. If they need to wake up early, they may not get enough sleep, which can affect their mood and productivity.

In my case, I try to find a balance. I usually wake up at a normal time, but I don't feel very active in the morning. I need some time to wake up fully, so I start my day slowly. I drink tea or coffee, check my messages, and think about my plans. After that, I feel better and can start working or studying.

In the evening, I often feel more relaxed and focused. I like to finish my tasks or do something creative. For example, I may read, write, or learn something new. Although I enjoy the evening, I try not to stay up too late because I want to have enough

energy the next day.

I believe it is important to understand your own rhythm. Some people work better in the morning, while others prefer the evening. The most important thing is to organize your day in a way that helps you feel comfortable and productive.

Key Vocabulary and Expressions

morning person — жаворонок

evening person — сова

feel active — чувствовать себя энергичным

feel productive — быть продуктивным

wake up early — просыпаться рано

feel fresh — чувствовать себя свежим

start the day — начинать день

focus better — лучше концентрироваться

clear mind — ясная голова

feel sleepy — чувствовать сонливость

be full of energy — быть полным энергии

have the best ideas — иметь лучшие идеи

fewer distractions — меньше отвлекающих факторов

advantages and disadvantages — преимущества и недостатки

ки

follow a schedule — следовать расписанию

free time — свободное время

feel tired — чувствовать усталость
personal projects — личные проекты
have problems with — иметь проблемы с
get enough sleep — выспаться
affect mood — влиять на настроение
find a balance — находить баланс
start slowly — начинать медленно
stay up late — ложиться поздно
organize your day — организовывать свой день

Useful Patterns

Some people..., while others... — Некоторые..., в то время как другие...

I think I am... — Я думаю, что я...

In my case, I... — В моём случае я...

I usually feel..., so I... — Я обычно чувствую..., поэтому я...

For example, I may... — Например, я могу...

Although I..., I try to... — Хотя я..., я стараюсь...

It is important to... — Важно...

The most important thing is... — Самое важное — это...

Practice: Answer the Questions

Are you a morning person or an evening person?

How do you usually feel in the morning?

What do you like to do in the evening?

When are you most productive?

Do you have any problems with your daily schedule?

How do you organize your day?

Model Answers

I think I am more of an evening person. I feel sleepy in the morning, but I become active later in the day.

In the morning, I usually feel tired, so I start slowly and drink coffee to wake up.

In the evening, I like to relax and work on my personal projects. For example, I may read or learn something new.

I am most productive in the evening because I feel focused and have fewer distractions.

Sometimes I have problems with my schedule because I stay up late and don't get enough sleep.

I try to organize my day and find a balance between work and rest.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

I think I am an evening person because I feel more productive at night. For example, I often work on my personal projects when there are fewer distractions, and it helps me focus better.

Practice: Complete the Sentences

A morning person usually wakes up _____.

In the morning, I often feel _____.

In the evening, I am full of _____.

I try to follow a _____ during the day.

It is important to get enough _____.

My Weekend Routine

Text

My weekend routine is different from my weekdays because I don't have to wake up early or follow a strict schedule. I usually feel more relaxed, and I try to spend my time in a way that makes me happy and helps me rest.

On Saturdays, I often wake up later than usual. I don't set an alarm, so I get up when I feel ready. After I get out of bed, I take my time in the morning. I don't like to hurry, so I move slowly and enjoy a calm start to the day. I usually have a nice breakfast, such as pancakes, eggs, or toast. I also like to drink coffee or tea and sometimes watch a video while I eat.

After breakfast, I think about my plans for the day. Sometimes I meet my friends, go for a walk, or visit a café. I enjoy spending time outside, especially if the weather is good. We can talk, laugh, and relax together. It helps me forget about stress and feel more positive.

On some weekends, I stay at home. I may clean my room, do some housework, or organize my things. Although it is not always fun, it helps me feel better and more comfortable at home. I also

like to listen to music while I do chores because it makes the process easier and more enjoyable.

In the afternoon, I often do something I like. For example, I may watch a movie, play games, read a book, or learn something new. I try to use my free time in a good way. Sometimes I also spend time online, but I try not to do it all day.

In the evening, I usually relax. I might meet my friends again, go out, or stay at home and watch a series. I enjoy quiet evenings, especially after a busy week. I also like to spend time with my family. We can have dinner together and talk about different things.

On Sundays, my routine is a bit different. I try to prepare for the next week. I may do my homework, finish some tasks, or plan my schedule. I don't want to feel stressed on Monday, so I try to get ready in advance.

I also like to rest on Sunday. I may go for a walk, listen to music, or just relax at home. It is important for me to have some quiet time because it helps me feel calm and ready for a new week.

In the evening, I prepare for Monday. I pack my bag, choose my clothes, and think about my plans. Although I sometimes feel

a little sad that the weekend is over, I understand that it is part of my routine.

Overall, I try to have a balanced weekend. I relax, spend time with people, and do useful things. This helps me feel happy and ready for the week ahead.

Key Vocabulary and Expressions

weekend routine — распорядок выходного дня

wake up later — просыпаться позже

strict schedule — строгий график

feel relaxed — чувствовать себя расслабленным

take my time — не спешить

calm start — спокойное начало

have breakfast — завтракать

make plans — строить планы

spend time — проводить время

go for a walk — пойти на прогулку

visit a café — сходить в кафе

forget about stress — забыть о стрессе

stay at home — оставаться дома

do housework — делать домашние дела

organize things — организовывать вещи

do chores — выполнять домашние обязанности

free time — свободное время

spend time online — проводить время в интернете
relax in the evening — отдыхать вечером
prepare for — готовиться к
in advance — заранее
quiet time — спокойное время
feel calm — чувствовать спокойствие
week ahead — предстоящая неделя

Useful Patterns

On weekends, I usually... — По выходным я обычно...
I like to..., because... — Мне нравится..., потому что...
Sometimes I..., but sometimes I... — Иногда я..., но иногда
я...

It helps me... — Это помогает мне...
In the afternoon, I often... — Днём я часто...
In the evening, I usually... — Вечером я обычно...
I try to... — Я стараюсь...
Overall, I... — В целом я...

Practice: Answer the Questions

What do you usually do on weekends?
Do you wake up early or late on weekends?
How do you spend your Saturday?
What do you usually do on Sunday?
Do you prefer staying at home or going out? Why?

How do you prepare for the new week?

Model Answers

On weekends, I usually relax and spend time with my friends. Sometimes I go for a walk or visit a café.

I usually wake up late because I don't have a strict schedule and I want to rest.

On Saturday, I like to go out and have fun. For example, I meet my friends and forget about stress.

On Sunday, I try to prepare for the next week and finish my tasks. It helps me feel calm.

I prefer going out because I like to spend time with people and have fun.

I prepare for the new week in advance. I organize my things and make plans for Monday.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or

example.

Example answer:

On weekends, I usually feel relaxed because I don't have a strict schedule. For example, I like to take my time in the morning and go for a walk with my friends.

Practice: Complete the Sentences

On weekends, I usually wake up _____.

I like to take my _____ in the morning.

In my free time, I often go for a _____.

On Sunday, I try to prepare _____ the next week.

It is important to have some _____ time.

Busy Days and Free Time

Text

In everyday life, people often have busy days and moments of free time. Both are important because they help us stay productive and also relax. Some days are full of tasks and responsibilities, while others are calmer and give us a chance to rest.

On busy days, I usually have a lot to do. I may have classes, work, homework, or other responsibilities. I often wake up early and start my day quickly because I don't have time to waste. I try to follow my schedule and finish everything on time. Sometimes it is difficult because I feel tired or stressed, but I still try to stay focused.

During a busy day, I don't always have time to relax. I move from one task to another and try to do everything as well as I can. Sometimes I feel under pressure, especially when I have deadlines. In these moments, I try to stay calm and organize my time. It helps me avoid mistakes and feel more confident.

Even on busy days, I understand that short breaks are important. When I feel too tired, I take a break for a few minutes.

I may drink some water, check my phone, or just sit quietly. These small breaks help me continue my work and feel better.

Free time is very important for me. It helps me relax and enjoy life. When I have free time, I can do things that I like. For example, I may watch a movie, listen to music, read a book, or go for a walk. These activities help me forget about stress and feel more positive.

Sometimes I spend my free time with friends or family. We talk, laugh, and share our experiences. It is a good way to feel connected and happy. Although I like spending time with others, I also enjoy being alone. Quiet time helps me think and relax.

However, it is not always easy to find free time. If I have too many tasks, I may feel that I don't have enough time for myself. That is why I try to plan my day and organize my schedule. When I manage my time well, I can have both productive work and relaxing moments.

In my opinion, it is important to have a balance between busy days and free time. If we only work all the time, we can feel tired and stressed. But if we only relax, we may not achieve our goals. So it is important to find the right balance.

I try to use my time wisely. I work when I need to work,

and I relax when I have the chance. This helps me stay healthy, motivated, and happy.

Key Vocabulary and Expressions

busy day — загруженный день

free time — свободное время

have a lot to do — иметь много дел

responsibilities — обязанности

follow a schedule — следовать расписанию

on time — вовремя

feel stressed — чувствовать стресс

stay focused — оставаться сосредоточенным

move from one task to another — переходить от задачи к задаче

under pressure — под давлением

deadlines — сроки

stay calm — сохранять спокойствие

take a break — делать перерыв

feel tired — чувствовать усталость

relax and enjoy — отдыхать и наслаждаться

forget about stress — забывать о стрессе

spend time with — проводить время с

feel connected — чувствовать связь

quiet time — спокойное время

find time for myself — находить время для себя

plan my day — планировать день

manage my time — управлять временем

find a balance — находить баланс

use time wisely — использовать время с умом

Useful Patterns

On busy days, I usually... — В загруженные дни я обычно...

I have a lot to..., so I... — У меня много..., поэтому я...

Sometimes I feel..., but I try to... — Иногда я чувствую...,

но стараюсь...

When I have free time, I... — Когда у меня есть свободное время, я...

It helps me... — Это помогает мне...

I try to..., because... — Я стараюсь..., потому что...

In my opinion,... — По моему мнению...

It is important to... — Важно...

Practice: Answer the Questions

Do you often have busy days?

What do you usually do on a busy day?

How do you feel when you are under pressure?

What do you like to do in your free time?

Do you prefer spending free time alone or with others? Why?

How do you manage your time?

Model Answers

Yes, I often have busy days because I have many responsibilities and tasks to do.

On a busy day, I try to follow my schedule and stay focused. I move from one task to another and try to finish everything on time.

When I am under pressure, I sometimes feel stressed, but I try to stay calm and organize my time.

In my free time, I like to relax and enjoy simple things. For example, I watch movies or listen to music.

I prefer spending time with others because it helps me feel connected and happy.

I try to manage my time and plan my day. It helps me find a balance between work and rest.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

On busy days, I have a lot to do, so I try to follow my schedule and stay focused. For example, when I feel under pressure, I take a short break to relax and continue my work.

Practice: Complete the Sentences

On busy days, I have a lot to _____.

I try to follow my _____ and finish everything on time.

When I feel tired, I take a _____.

In my free time, I like to _____ and enjoy life.

It is important to find a _____ between work and rest.

My Favorite Place at Home

Text

Everyone has a place at home where they feel most comfortable. It can be a bedroom, a kitchen, a balcony, or even a small corner. My favorite place at home is my room because it is quiet, cozy, and personal.

I spend a lot of time in my room, so it is very important to me. It is not very big, but it has everything I need. There is a bed, a desk, a chair, and a шкаф с книгами. I like to keep my room clean and organized because it helps me feel calm and focused.

One of my favorite things in my room is my desk. I use it for studying, working, and sometimes for relaxing. When I sit at my desk, I can concentrate better. I usually put my laptop, books, and a cup of tea on it. I try to keep it tidy, but sometimes it gets messy when I have a lot to do.

Another thing I like is my bed. It is soft and comfortable, and it is the best place to relax. After a long day, I like to lie down, watch videos, or listen to music. Sometimes I read a book before I go to sleep. It helps me relax and forget about my problems.

I also like the atmosphere in my room. I have some small decorations, such as photos, plants, or posters. They make the room feel more personal and уютным. I think it is important to have a space where you feel happy and safe.

When I need quiet time, I go to my room. I can close the door and be alone with my thoughts. It helps me relax and focus. Although I enjoy spending time with my family, I also need some time for myself.

Sometimes I invite my friends to my room. We talk, listen to music, or watch something together. It is a nice place to spend time because it feels comfortable and familiar.

In the evening, my room becomes even more special. I turn on a small lamp, and the light feels warm and soft. I like this calm atmosphere because it helps me relax before going to bed.

Overall, my room is my favorite place at home because it is my personal space. I can study, relax, and be myself there. It is a place where I feel comfortable and happy.

Key Vocabulary and Expressions

favorite place — любимое место

feel comfortable — чувствовать себя комфортно

spend time — проводить время
have everything I need — иметь всё необходимое
keep clean — держать в чистоте
stay organized — быть организованным
feel calm — чувствовать спокойствие
focus better — лучше концентрироваться
get messy — становиться беспорядочным
soft and comfortable — мягкий и удобный
relax after a long day — отдыхать после долгого дня
forget about problems — забывать о проблемах
atmosphere — атмосфера
feel personal — чувствовать личным
quiet time — спокойное время
be alone — быть одному
close the door — закрыть дверь
spend time together — проводить время вместе
feel familiar — чувствовать привычным
turn on the light — включать свет
calm atmosphere — спокойная атмосфера
personal space — личное пространство

Useful Patterns

My favorite place is... — Моё любимое место — это...
I like it because... — Мне это нравится, потому что...
There is / There are... — Там есть...

I use it for... — Я использую это для...

When I..., I feel... — Когда я..., я чувствую...

Sometimes I... — Иногда я...

In the evening, I... — Вечером я...

Overall, I... — В целом я...

Practice: Answer the Questions

What is your favorite place at home?

Why do you like this place?

What do you usually do there?

How does this place make you feel?

Do you spend time there alone or with others?

What would you like to change in this place?

Model Answers

My favorite place at home is my room because it feels comfortable and personal.

I like it because I can relax and have quiet time there. It helps me feel calm.

I usually study, listen to music, and watch videos there.

This place makes me feel relaxed and happy. I can forget about problems.

I usually spend time there alone, but sometimes I invite my friends.

I would like to make it more organized and add some decorations.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

My favorite place at home is my room because it is my personal space. For example, I like to relax after a long day and listen to music there, which helps me feel calm.

Practice: Complete the Sentences

My favorite place at home is my _____.

I like it because I feel _____ there.

I usually spend time there to _____.

After a long day, I like to _____ and relax.

It is important to have a _____ space at home.

Doing Chores (Housework)

Text

Doing chores is a normal part of everyday life. Everyone needs to help at home because it keeps the house clean and comfortable. Some people enjoy doing chores, while others think they are boring. In my opinion, chores are not very exciting, but they are important and necessary.

At home, I have a few regular responsibilities. I usually clean my room, make my bed, and take out the trash. Sometimes I also help with washing the dishes or cleaning the kitchen. Although these tasks are simple, they take time and effort.

I try to do my chores regularly so that they don't become a big problem. For example, I clean my room once or twice a week. When I keep everything organized, it is easier to find my things and I feel more comfortable. A clean space helps me relax and focus better.

One of the chores I do most often is making my bed. It only takes a few minutes, but it makes my room look much nicer. I also try to keep my desk tidy because I use it for studying. If my desk is messy, I feel distracted and it is harder to concentrate.

Washing the dishes is another common chore. I usually do it after meals. I don't always enjoy it, but I know it is important to keep the kitchen clean. Sometimes I listen to music while I wash the dishes, and it makes the task more enjoyable.

Taking out the trash is a quick but necessary chore. I try to do it before it becomes full. It is not difficult, but I need to remember to do it on time. If I forget, it can create a bad smell and make the house uncomfortable.

Sometimes I help with bigger chores, such as cleaning the floor or organizing things in the house. These tasks take more time, but they are useful. When we do chores together as a family, it feels easier and faster.

Although chores can be boring, they teach responsibility. When I do my chores, I feel more independent and helpful. I understand that keeping the house clean is important for everyone.

I also think it is good to have a routine. When I know what I need to do, I can manage my time better. I don't like to leave everything for the last moment because it creates stress.

Overall, doing chores is not always fun, but it is part of life. It

helps me stay organized, responsible, and comfortable at home.

Key Vocabulary and Expressions

do chores — делать домашние дела

housework — домашняя работа

help at home — помогать по дому

clean and comfortable — чисто и комфортно

responsibilities — обязанности

clean my room — убирать комнату

make my bed — заправлять кровать

take out the trash — выносить мусор

wash the dishes — мыть посуду

clean the kitchen — убирать кухню

take time and effort — требовать времени и усилий

do regularly — делать регулярно

keep organized — поддерживать порядок

feel comfortable — чувствовать себя комфортно

tidy desk — аккуратный стол

feel distracted — чувствовать себя отвлечённым

keep clean — поддерживать чистоту

more enjoyable — более приятный

on time — вовремя

bad smell — неприятный запах

do together — делать вместе

teach responsibility — учить ответственности

feel independent — чувствовать самостоятельность
manage my time — управлять временем
last moment — последний момент

Useful Patterns

I usually have to... — Обычно мне нужно...

I try to..., so that... — Я стараюсь..., чтобы...

It takes... minutes — Это занимает... минут

I don't always enjoy..., but... — Мне не всегда нравится...,

но...

Sometimes I..., and it helps me... — Иногда я..., и это по-
могает мне...

When I..., I feel... — Когда я..., я чувствую...

It is important to... — Важно...

Overall, I think... — В целом я думаю...

Practice: Answer the Questions

Do you often do chores at home?

What chores do you usually do?

Which chores do you like or dislike? Why?

How often do you clean your room?

Do you help your family with housework?

Why are chores important?

Model Answers

Yes, I often do chores at home because I want to help my family and keep the house clean.

I usually clean my room, make my bed, and take out the trash. Sometimes I wash the dishes.

I don't like washing the dishes because it takes time, but I understand it is important.

I clean my room once or twice a week to keep it organized and comfortable.

Yes, I help my family with housework. We sometimes do chores together.

Chores are important because they teach responsibility and help keep the house clean.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

I usually do chores at home because I have responsibilities. For example, I take out the trash and wash the dishes, and it helps keep the house clean and comfortable.

Practice: Complete the Sentences

I usually _____ my room once a week.

Every day, I try to _____ my bed.

After meals, I often _____ the dishes.

It is important to keep the house _____ and comfortable.

I try not to leave chores for the last _____.

My Study Routine

Text

My study routine is an important part of my daily life because it helps me learn new things and stay organized. I try to follow a simple plan so that I can use my time well and avoid stress. Although I don't always feel motivated, I understand that regular study is necessary.

I usually start studying in the afternoon or early evening. First, I take a short break after school or work, and then I get ready to study. I choose a quiet place, usually my room, because it helps me focus better. I sit at my desk, turn off distractions, and prepare everything I need, such as books, notebooks, and my laptop.

Before I begin, I often make a small plan. I think about what I need to do and decide which tasks are most important. This helps me stay organized and not waste time. I try to start with the most difficult tasks because I have more energy at the beginning.

While I study, I try to stay focused. Sometimes it is easy, but sometimes I feel distracted. For example, I may want to check my phone or watch something online. When this happens, I remind myself of my goals and try to continue. It is not always simple,

but I try to do my best.

I also take short breaks during my study time. After about 30 or 40 minutes, I stop for a few minutes. I may walk around, drink some water, or relax. These breaks help me feel less tired and more focused when I return to my work.

One important part of my routine is reviewing what I learn. After I finish my tasks, I go over my notes and try to remember the main ideas. This helps me understand the material better and remember it for a longer time.

Sometimes I study alone, but sometimes I study with friends. Studying together can be helpful because we can share ideas and explain things to each other. However, I prefer studying alone when I need to concentrate on difficult tasks.

In the evening, I try to finish my work on time. I don't like to leave everything for the last moment because it creates stress. When I complete my tasks, I feel relaxed and satisfied.

Before I go to bed, I sometimes review a little more or prepare for the next day. I organize my notes and think about what I need to do tomorrow. This helps me feel ready and confident.

Overall, I believe that a good study routine is very important.

It helps me stay organized, improve my skills, and achieve my goals.

Key Vocabulary and Expressions

study routine — режим учёбы

stay organized — быть организованным

use time well — эффективно использовать время

avoid stress — избегать стресса

feel motivated — чувствовать мотивацию

get ready to study — готовиться к учёбе

quiet place — тихое место

focus better — лучше концентрироваться

turn off distractions — убрать отвлекающие факторы

make a plan — составлять план

important tasks — важные задания

waste time — тратить время

stay focused — оставаться сосредоточенным

feel distracted — чувствовать себя отвлечённым

remind myself — напоминать себе

do my best — делать всё возможное

take a break — делать перерыв

feel tired — чувствовать усталость

go over notes — повторять записи

main ideas — основные идеи

study alone — учиться одному

study with friends — учиться с друзьями

on time — вовремя

last moment — последний момент

prepare for the next day — готовиться к следующему дню

Useful Patterns

I try to... — Я стараюсь...

First, I..., then I... — Сначала я..., затем я...

It helps me... — Это помогает мне...

Sometimes I..., but I... — Иногда я..., но я...

When I..., I feel... — Когда я..., я чувствую...

I prefer..., because... — Я предпочитаю..., потому что...

In the evening, I... — Вечером я...

Overall, I think... — В целом я думаю...

Practice: Answer the Questions

When do you usually study?

Where do you like to study?

How do you stay focused while studying?

Do you take breaks? What do you do during them?

Do you prefer studying alone or with others? Why?

How do you prepare for the next day?

Model Answers

I usually study in the afternoon or evening because I have more time after school.

I like to study in my room because it is a quiet place and helps me focus better.

I try to stay focused by turning off distractions and making a plan.

Yes, I take breaks. I usually walk around or relax for a few minutes.

I prefer studying alone because I can concentrate better on my tasks.

I prepare for the next day by organizing my notes and planning my tasks.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

I usually study in the evening because it is a quiet time. For

example, I turn off distractions and try to stay focused, which helps me avoid stress and use my time well.

Practice: Complete the Sentences

I usually study in the _____ or evening.

I choose a _____ place to focus better.

I try not to _____ time while studying.

After studying, I go over my _____.

I don't like to leave tasks for the last _____.

Getting Ready for the Day

Text

Getting ready for the day is an important part of my morning routine. It helps me feel prepared, confident, and ready for my activities. Although mornings can be difficult, I try to follow simple steps so that everything goes smoothly.

I usually wake up when my alarm goes off. Sometimes I feel tired and want to stay in bed, but I know I need to get up. I try not to waste time, so I get out of bed and go to the bathroom. First, I wash my face and brush my teeth. This helps me feel fresh and awake.

After that, I take a shower. I don't always have a lot of time, so I try to be quick. A shower helps me wake up and feel more active. Then I get dressed. I usually choose my clothes in the morning, but sometimes I prepare them the night before to save time.

Choosing what to wear is not always easy. I think about the weather and my plans for the day. If it is cold, I wear something warm. If it is warm outside, I choose light and comfortable clothes. I also want to feel confident in what I wear.

After I get dressed, I go to the kitchen and have breakfast. I don't like to skip breakfast because it gives me energy for the day. I usually eat something simple like toast, eggs, or yogurt, and I drink tea or coffee.

While I eat, I sometimes check my phone or think about my plans. However, I try not to spend too much time on my phone because it can distract me. I prefer to focus on getting ready.

Before I leave the house, I make sure I have everything I need. I check my bag and look for important things like my phone, keys, and wallet. I don't like to forget things, so I often check twice.

I also look at the time to make sure I am not late. I don't like to rush, but sometimes it happens. When I am ready, I put on my shoes, take my bag, and leave the house.

In my opinion, a good morning routine makes the whole day better. When I am organized and prepared, I feel more confident and less stressed.

Overall, getting ready for the day is a simple but important process. It helps me start my day in a positive way and be ready for everything.

Key Vocabulary and Expressions

get ready for the day — собираться на день

morning routine — утренний распорядок

feel prepared — чувствовать себя готовым

feel confident — чувствовать уверенность

wake up — просыпаться

alarm goes off — будильник звонит

get out of bed — вставать с кровати

wash my face — умываться

brush my teeth — чистить зубы

take a shower — принимать душ

get dressed — одеваться

choose clothes — выбирать одежду

save time — экономить время

think about the weather — думать о погоде

feel comfortable — чувствовать комфорт

have breakfast — завтракать

skip breakfast — пропускать завтрак

give energy — давать энергию

check my phone — проверять телефон

make sure — убедиться

check my bag — проверять сумку

important things — важные вещи

be late — опаздывать

leave the house — выходить из дома

Useful Patterns

I usually start my day with... — Я обычно начинаю день с...

First, I..., then I... — Сначала я..., затем я...

I try to..., because... — Я стараюсь..., потому что...

Sometimes I..., but I... — Иногда я..., но я...

It helps me... — Это помогает мне...

Before I..., I... — Перед тем как..., я...

I don't like to..., so I... — Мне не нравится..., поэтому я...

Overall, I... — В целом я...

Practice: Answer the Questions

What do you do first in the morning?

Do you take a shower in the morning?

How do you choose your clothes?

What do you usually eat for breakfast?

Do you often check your phone in the morning?

How do you make sure you are ready to leave the house?

Model Answers

First, I get out of bed and wash my face. It helps me feel fresh and awake.

Yes, I usually take a shower in the morning because it helps me wake up.

I choose my clothes based on the weather and my plans for the day.

I usually eat something simple like eggs or toast for breakfast.

Sometimes I check my phone, but I try not to spend too much time on it.

I check my bag and make sure I have everything I need before I leave the house.

Expand Your Answer

Try to give a longer answer. Use at least two or three expressions from the vocabulary list and add one reason or example.

Example answer:

I usually get ready for the day quickly because I don't like to be late. For example, I check my bag and make sure I have important things like my phone and keys.

Practice: Complete the Sentences

In the morning, I usually _____ out of bed quickly.

First, I wash my face and _____ my teeth.

I try not to _____ breakfast because it gives me energy.

Before I leave, I _____ my bag.

I don't like to be _____, so I check the time.

Конец ознакомительного фрагмента.

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