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ТОМ СТОРИЗ

Рассказы на английском для начинающих

ЧТЕНИЕ И РАЗГОВОРНАЯ
ПРАКТИКА



Том Сториз

**Рассказы на английском
для начинающих. Чтение
и разговорная практика**

«Издательские решения»

Сториз Т.

Рассказы на английском для начинающих. Чтение и разговорная практика / Т. Сториз — «Издательские решения»,

Пособие предназначено для изучающих английский язык на начальном уровне. Книга содержит тематические тексты, отражающие повседневные ситуации, а также лексические списки и речевые модели. Задания направлены на развитие навыков чтения, понимания и устной речи. Материал подан в доступной форме и ориентирован на практическое использование языка в реальном общении.

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Рассказы на английском для начинающих **Чтение и разговорная практика**

Том Сториз

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Введение

Данное пособие предназначено для изучающих английский язык на начальном уровне и ориентировано на развитие навыков чтения, понимания и устной речи. Основной задачей книги является формирование устойчивой языковой базы через работу с тематическими текстами, отражающими повседневные ситуации и коммуникативные потребности.

Структура материала выстроена таким образом, чтобы обеспечить постепенное усложнение языкового содержания при сохранении доступности. Каждый раздел включает связный текст, в котором используется актуальная лексика и грамматические конструкции уровня А2. Особое внимание уделяется естественности языка: тексты приближены к реальному общению и демонстрируют употребление выражений в контексте.

Лексический компонент представлен списками устойчивых выражений и словосочетаний с переводом, что способствует расширению словарного запаса и формированию навыка правильного употребления. Дополнительный акцент сделан на речевых шаблонах, которые могут быть использованы в различных коммуникативных ситуациях.

Практическая часть направлена на активизацию усвоенного материала. Задания стимулируют самостоятельное высказывание, развитие умения формулировать мысли на английском языке и применение изученной лексики в личном контексте. Модели ответов служат опорой и демонстрируют возможные варианты построения высказывания.

Пособие может быть использовано как для самостоятельной работы, так и в рамках учебного процесса. Оно ориентировано на учащихся, стремящихся развивать коммуникативные навыки и уверенно использовать английский язык в повседневной жизни.

I Overslept and Was Late

Text

Yesterday was not a good morning for me. I usually wake up at seven o'clock, but this time I didn't hear my alarm. Maybe I was too tired, or maybe my phone was on silent. When I finally opened my eyes, it was already eight thirty. I had only thirty minutes to get ready, but I needed at least an hour. I felt stressed, but I knew I had to move fast.

I got out of bed quickly and went to the bathroom. I washed my face and brushed my teeth, but I didn't take a shower because I didn't have time. I looked at the mirror and thought, «I don't look great, but it's okay.» Then I went to the kitchen. I wanted to make breakfast, but there was no time, so I just took a banana and a cup of coffee. It was not enough, but it was better than nothing.

While I was drinking my coffee, I checked my phone. I had two messages from my friend. She asked, «Where are you?» I realized that I was already late. I felt even more nervous, but I tried to stay calm because panic doesn't help.

I quickly got dressed. I chose simple clothes because I didn't want to waste time. I couldn't find one of my shoes, so I had to look for it for a few minutes. That made me even later. Finally, I found it under the bed. I put on my shoes, took my bag, and ran out of the house.

Outside, the weather was not great. It was cold and a little windy, but I didn't have time to think about it. I walked fast to the bus stop, but when I got there, I saw the bus leaving. I missed it by just a minute. I felt very frustrated. I had to wait for the next bus, and it came ten minutes later.

On the bus, I kept looking at the time. I was worried because I didn't want to be very late. I thought about what I would say. I wanted to explain the situation, but I also knew that being late is not a good habit.

When I finally arrived, I went inside quickly and said sorry. I explained that I overslept and missed my alarm. My teacher listened and said, «It happens, but try to be more careful next time.» I felt a bit better, but I still felt embarrassed.

After that day, I decided to change something. Now I set two alarms instead of one, and I try to go to bed earlier. I don't want to repeat the same mistake again, because being late makes everything more difficult. It was a simple problem, but it made my whole morning stressful.

Key Vocabulary and Expressions

oversleep — проспять
wake up — просыпаться
alarm — будильник
be on silent — быть в беззвучном режиме
run out of time — не хватить времени
get ready — собираться
feel stressed — чувствовать стресс
move fast — двигаться быстро

wash my face — умываться
brush my teeth — чистить зубы
take a shower — принимать душ
look in the mirror — смотреть в зеркало
no time — нет времени
better than nothing — лучше, чем ничего
check my phone — проверять телефон
be late — опаздывать
stay calm — сохранять спокойствие
get dressed — одеваться
waste time — тратить время
look for something — искать что-то
run out of the house — выбежать из дома
miss the bus — пропустить автобус
wait for — ждать
feel frustrated — чувствовать раздражение
arrive — прибывать
say sorry — извиняться
explain the situation — объяснять ситуацию
make a mistake — совершать ошибку

Useful Patterns

I didn't hear my alarm because... — Я не услышал будильник, потому что...
I didn't have time to... — У меня не было времени, чтобы...
I felt... but I tried to... — Я чувствовал..., но пытался...
I had to... — Мне пришлось...
It was... but I... — Было..., но я...
I decided to... — Я решил...
I don't want to... because... — Я не хочу..., потому что...
It happens, but... — Такое бывает, но...

Practice: Answer the Questions

What time do you usually wake up?
What do you do first in the morning?
Have you ever been late? Why?
How do you feel when you are late?
What do you usually eat for breakfast?
How do you get ready when you are in a hurry?

Model Answers

I usually wake up at seven o'clock. I try to get up early because I need time to get ready.
First, I check my phone and then I wash my face. I like to start my day slowly.
Yes, I have been late because I overslept. I didn't hear my alarm.
I feel stressed and a little nervous, but I try to stay calm.
I usually eat something simple because I don't have much time. For example, I have coffee and a sandwich.
When I am in a hurry, I move fast and choose simple clothes. I don't want to waste time.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: I usually wake up at seven, but sometimes I oversleep because I go to bed late. Then I don't have time to make breakfast, so I just take a coffee. For example, last week I missed my bus because I was too slow.

Practice: Complete the Sentences

I didn't hear my _____, so I overslept.

I didn't have time to _____, so I skipped it.

I was late because I had to _____ my keys.

I felt stressed, but I tried to _____.

I missed the bus, so I had to _____ the next one.

My Morning Without Coffee

Text

For me, coffee is a big part of the morning. I usually drink a cup right after I wake up, because it helps me feel awake and ready for the day. But yesterday, something went wrong. I didn't have any coffee at home.

I woke up at my usual time, but I felt very sleepy. I went to the kitchen and opened the cupboard. I looked for coffee, but the jar was empty. I checked again, just to be sure, but there was nothing. I felt a little surprised and also a bit worried, because I didn't know how to start my day without it.

I decided to make tea instead. It was not the same, but I thought it could help. While I was waiting for the water to boil, I sat down and tried to wake up. I felt slow and not very focused. My eyes were still half closed, and I didn't want to do anything.

After I drank the tea, I felt a little better, but not really awake. I checked my phone and saw some messages, but I didn't want to answer them. I needed more energy. Usually, coffee helps me think clearly, but this time my mind was still sleepy.

I had to get ready for the day, so I went to the bathroom. I washed my face and brushed my teeth. The cold water helped me feel more awake, so I decided to take a quick shower. It made a big difference. I started to feel more active, although I still missed my coffee.

Then I made a simple breakfast. I had some bread and eggs. I thought that food could give me energy, and it really helped. While I was eating, I started to feel more normal. I realized that maybe coffee is not the only way to wake up.

When I left the house, I still felt a bit tired, but I was okay. On my way, I saw a small café. I thought about going in and buying coffee, but I didn't have much time. So I decided to continue without it.

Later that day, I felt fine. I was not as energetic as usual, but I could still do my tasks. It was a little difficult at first, but it became easier with time. I learned something important: I can start my day without coffee, but I need other things to help me wake up.

Now I still like coffee, and I still drink it every morning. But I don't feel so worried if I don't have it. I know that I can manage, because there are other ways to feel awake and ready for the day.

Key Vocabulary and Expressions

wake up — просыпаться

feel sleepy — чувствовать сонливость

cupboard — шкаф

jar — банка

be empty — быть пустым

look for — искать

make tea — заваривать чай

wait for — ждать
boil — кипеть
feel slow — чувствовать себя медленным
not focused — не сосредоточенный
check my phone — проверять телефон
feel better — чувствовать себя лучше
get ready — собираться
wash my face — умываться
brush my teeth — чистить зубы
take a shower — принимать душ
make a difference — иметь значение
feel active — чувствовать себя бодрым
miss something — скучать по чему-то
have breakfast — завтракать
give energy — давать энергию
leave the house — выходить из дома
feel tired — чувствовать усталость
on my way — по дороге
decide to — решать
continue — продолжать
do my tasks — выполнять задачи
manage — справляться

Useful Patterns

I usually... because... — Я обычно..., потому что...
I didn't have any..., so... — У меня не было..., поэтому...
It was not the same, but... — Это было не то же самое, но...
I felt... and also... — Я чувствовал... и также...
I decided to... — Я решил...
It helped me... — Это помогло мне...
I started to... — Я начал...
I realized that... — Я понял, что...
I still..., but... — Я всё ещё..., но...

Practice: Answer the Questions

Do you usually drink coffee in the morning?
How do you feel without coffee?
What do you do to wake up?
What do you usually have for breakfast?
Do you prefer tea or coffee? Why?
What helps you feel more active in the morning?

Model Answers

Yes, I usually drink coffee in the morning because it helps me wake up. I feel more focused after it.

I feel sleepy and slow without coffee, but I try to manage. Sometimes I drink tea instead.

I wash my face and sometimes take a shower. It helps me feel more awake.

I usually have a simple breakfast because I don't have much time. For example, I eat eggs or bread.

I prefer coffee because it gives me more energy. Tea is good, but it is not the same.

A shower and a good breakfast help me feel active. I also try to move and not sit too long.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: I usually drink coffee in the morning because I feel sleepy without it. If I don't have coffee, I try to make tea and take a shower. For example, yesterday I didn't have any coffee, so I had to find another way to wake up.

Practice: Complete the Sentences

I felt very _____ because I didn't drink coffee.

The jar was _____, so I had no coffee.

I decided to _____ tea instead.

A shower can make a big _____.

I tried to _____ without coffee.

Getting Ready in a Hurry

Text

Yesterday morning, I had to get ready very quickly. I woke up on time, but I stayed in bed too long. I checked my phone and watched a few short videos, so I lost ten minutes. When I finally got up, I realized I didn't have much time left. I felt a little stressed, but I knew I had to move fast.

First, I went to the bathroom. I washed my face and brushed my teeth. I didn't take a shower because I didn't have time. I looked at the mirror and tried to fix my hair quickly. It was not perfect, but it was good enough. I told myself, «Don't waste time. Just finish and go.»

Then I went back to my room to get dressed. I opened my wardrobe and looked for something simple. I didn't want to think too much about clothes, so I chose a T-shirt and jeans. They are easy and comfortable. I tried to find my socks, but I couldn't see them at first. I looked around the room and finally found them on the chair. That took a few more minutes, and I felt more nervous.

After that, I packed my bag. I checked if I had everything: my phone, my keys, and my notebook. I almost forgot my charger, but I remembered it at the last moment. I didn't want to come back home later, so I tried to be careful.

I went to the kitchen for a quick breakfast. I didn't have time to cook, so I just took a piece of bread and some cheese. I also made a cup of tea. I ate and drank very fast, because I didn't want to be late. It was not a perfect breakfast, but it gave me some energy.

Before leaving, I checked the time again. I only had a few minutes left. I put on my shoes, took my bag, and went out. I walked quickly, almost running, because I didn't want to miss the bus.

On my way, I thought about my morning. I knew that I could do better. I didn't have to hurry so much, but I wasted time at the beginning. When I arrived, I was just on time. I felt tired, but also a little proud, because I managed to get ready and not be late.

After this day, I decided to change my routine a little. Now I try not to use my phone in the morning. I also prepare my clothes the night before. It helps me save time and feel more relaxed. Getting ready in a hurry is not fun, so I want to avoid it in the future.

Key Vocabulary and Expressions

get ready — собираться
wake up — просыпаться
stay in bed — оставаться в постели
lose time — терять время
realize — понимать
not much time left — мало времени осталось
feel stressed — чувствовать стресс
move fast — двигаться быстро
wash my face — умываться
brush my teeth — чистить зубы

look in the mirror — смотреть в зеркало
fix my hair — поправить волосы
good enough — достаточно хорошо
get dressed — одеваться
look for — искать
take time — занимать время
feel nervous — нервничать
pack my bag — собирать сумку
at the last moment — в последний момент
be careful — быть внимательным
quick breakfast — быстрый завтрак
have time to — иметь время
be late — опаздывать
put on shoes — надевать обувь
on my way — по дороге
on time — вовремя
manage — справляться
save time — экономить время
avoid — избегать

Useful Patterns

I stayed... too long, so... — Я... слишком долго, поэтому...
I didn't have time to... — У меня не было времени, чтобы...
It was not perfect, but... — Это было не идеально, но...
I tried to... — Я попытался...
I almost forgot..., but... — Я почти забыл..., но...
I didn't want to..., so... — Я не хотел..., поэтому...
I only had a few minutes left — У меня осталось всего несколько минут
I managed to... — Мне удалось...
I decided to... — Я решил...

Practice: Answer the Questions

Do you often get ready in a hurry?
What do you usually do first in the morning?
What can make you late?
What do you do when you don't have time for breakfast?
Do you prepare things the night before?
How do you feel when you are in a hurry?

Model Answers

Sometimes I get ready in a hurry because I lose time in the morning. I stay in bed too long.
First, I wash my face and brush my teeth. Then I get dressed.
I can be late if I use my phone or can't find my things. It takes time.
I have a quick breakfast because I don't have time to cook. For example, I eat bread and drink tea.
Yes, I sometimes prepare my clothes the night before. It helps me save time.

I feel stressed and nervous, but I try to move fast and stay calm.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: Sometimes I get ready in a hurry because I stay in bed too long. Then I don't have time to make breakfast, so I have a quick snack. For example, last week I almost missed my bus because I couldn't find my keys.

Practice: Complete the Sentences

I stayed in bed too long, so I _____ time.

I didn't have time to _____ breakfast.

I had only a few minutes _____.

I almost forgot my keys at the _____ moment.

I try to _____ time in the morning.

My First Thing After Waking Up

Text

Every morning starts in a simple way for me. I don't jump out of bed right away, because I need a few minutes to wake up. The first thing I do after waking up is check my phone. It is a small habit, but it is very important for me.

When I open my eyes, I usually feel a bit sleepy. I turn off my alarm and stay in bed for a moment. Then I take my phone and look at the screen. First, I check the time, just to be sure. After that, I read my messages. Sometimes my friends write to me late at night, so I like to see what they say.

Then I open a few apps. I check the weather, because I want to know what to wear. If it is cold, I choose something warm. If it is sunny, I feel more positive. After that, I look at social media. I don't spend too much time there, but I like to see what is new.

Sometimes I also check my plans for the day. I look at my notes or my calendar. It helps me understand what I need to do. If I have something important, I try to remember it early, so I don't forget later.

However, I know that this habit is not always good. Sometimes I stay in bed too long because of my phone. I start watching videos or reading posts, and I lose time. Then I have to hurry, and my morning becomes stressful. So I try to be careful.

After I finish checking my phone, I put it down and get up. I go to the bathroom, wash my face, and brush my teeth. At that moment, I start to feel more awake. Then I go to the kitchen and make breakfast.

I think the first thing we do in the morning is very important. It can change our mood and our day. When I use my phone too much, I feel slow and not focused. But when I check it quickly and get up, I feel better and more active.

Now I try to control this habit. I still check my phone, but I don't spend too much time on it. I want my morning to be calm, not rushed. It is a small change, but it helps me start my day in a better way.

Key Vocabulary and Expressions

wake up — просыпаться
right away — сразу
a few minutes — несколько минут
check my phone — проверять телефон
habit — привычка
turn off the alarm — выключать будильник
stay in bed — оставаться в постели
look at the screen — смотреть на экран
check the time — проверять время
read messages — читать сообщения

write to someone — писать кому-то
check the weather — проверять погоду
what to wear — что надеть
feel positive — чувствовать себя позитивно
social media — социальные сети
spend time — проводить время
what is new — что нового
plans for the day — планы на день
remember — помнить
forget — забывать
lose time — терять время
hurry — торопиться
feel stressed — чувствовать стресс
put it down — отложить
get up — вставать
feel awake — чувствовать бодрость
be careful — быть осторожным
control a habit — контролировать привычку

Useful Patterns

The first thing I do is... — Первое, что я делаю, это...
I usually... because... — Я обычно..., потому что...
Sometimes I..., but... — Иногда я..., но...
I try to... — Я стараюсь...
It helps me... — Это помогает мне...
I don't want to..., so... — Я не хочу..., поэтому...
I feel... when... — Я чувствую..., когда...
I think that... — Я думаю, что...

Practice: Answer the Questions

What is the first thing you do after waking up?
Do you check your phone in the morning?
How much time do you spend in bed after waking up?
Do you have a morning habit that you want to change?
What helps you wake up faster?
Do you plan your day in the morning?

Model Answers

The first thing I do is check my phone. I like to see messages and the time.
Yes, I check my phone because it is my habit. It helps me feel connected.
I usually stay in bed for a few minutes. Sometimes I lose time.
Yes, I want to control this habit because I don't want to hurry.
Washing my face helps me feel awake. It makes a big difference.
Yes, I check my plans for the day. It helps me remember important things.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: The first thing I do is check my phone because it is my habit. I read messages and check the weather. For example, if it is cold, I choose warm clothes.

Practice: Complete the Sentences

The first thing I do is _____ my phone.

I stay in bed for a few _____.

I check the _____ to know what to wear.

Sometimes I _____ time in the morning.

I try to _____ my habit.

A Perfect Slow Morning

Text

For me, a perfect morning is not busy or stressful. It is slow, calm, and comfortable. I don't like to hurry, because I want to start my day in a good way. A slow morning helps me feel relaxed and ready for everything.

On a perfect morning, I wake up without an alarm. I open my eyes slowly and stay in bed for a few minutes. I don't check my phone right away. Instead, I enjoy the quiet moment. I listen to the sounds around me and take a deep breath. It helps me feel calm.

After that, I get up and go to the kitchen. I don't rush. I move slowly and take my time. I make a cup of coffee or tea and prepare a simple breakfast. I like to have eggs, toast, or yogurt with fruit. While I am eating, I don't think about work or problems. I just enjoy the food and the moment.

Then I sit near the window. If the weather is nice, I open it and let fresh air in. I look outside and watch people or cars. Sometimes I just think about my plans for the day. I don't make a long list, but I try to understand what is important.

After breakfast, I take a shower. Warm water helps me relax and feel more awake. I don't hurry, because I want to enjoy this time. Then I get dressed and choose comfortable clothes. I don't spend too much time on it, but I want to feel good.

Sometimes I listen to music or read something simple. It can be a short article or a few pages of a book. It helps me start the day with a clear mind. I feel more focused and positive.

A slow morning is not always possible. On workdays, I often have to hurry and follow a schedule. But when I have time, I try to create this kind of morning. It makes a big difference.

When I start my day slowly, I feel less stressed and more in control. I can think better and make good decisions. Even if the day becomes busy later, the calm morning stays with me.

For me, a perfect slow morning is not about doing a lot of things. It is about doing simple things with attention and without stress. It is a small part of the day, but it changes everything.

Key Vocabulary and Expressions

slow morning — спокойное утро
not busy — не занятый
feel relaxed — чувствовать себя расслабленно
start the day — начинать день
wake up — просыпаться
without an alarm — без будильника
stay in bed — оставаться в постели
right away — сразу
enjoy the moment — наслаждаться моментом
take a deep breath — сделать глубокий вдох

get up — вставать
take my time — не торопиться
rush — спешить
prepare breakfast — готовить завтрак
simple breakfast — простой завтрак
fresh air — свежий воздух
look outside — смотреть на улицу
plans for the day — планы на день
take a shower — принимать душ
warm water — тёплая вода
get dressed — одеваться
feel comfortable — чувствовать себя комфортно
listen to music — слушать музыку
clear mind — ясная голова
feel focused — чувствовать концентрацию
follow a schedule — следовать расписанию
make a difference — иметь значение
feel in control — чувствовать контроль

Useful Patterns

For me, ... is... — Для меня... это...
I don't like to... because... — Я не люблю..., потому что...
I try to... — Я стараюсь...
It helps me... — Это помогает мне...
I don't..., instead I... — Я не..., вместо этого я...
When I..., I feel... — Когда я..., я чувствую...
Sometimes I..., but... — Иногда я..., но...
Even if..., I... — Даже если..., я...

Practice: Answer the Questions

What is your perfect morning like?
Do you like to wake up slowly or quickly?
What do you usually have for breakfast?
Do you use your phone in the morning?
What helps you feel relaxed in the morning?
Is it easy for you to have a slow morning? Why or why not?

Model Answers

My perfect morning is slow and quiet. I like to take my time and not hurry.
I like to wake up slowly because it helps me feel relaxed.
I usually have a simple breakfast, like eggs or toast. It is easy and quick.
Sometimes I use my phone, but I try not to do it right away.
Fresh air and a warm shower help me feel relaxed. It makes a big difference.
It is not always easy because I have to follow a schedule. But I try to do it on weekends.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: My perfect morning is very calm because I don't like to rush. I wake up without an alarm and take my time. For example, I drink coffee and enjoy fresh air near the window.

Practice: Complete the Sentences

I don't like to _____ in the morning.

I wake up without an _____.

I try to take my _____.

Fresh air helps me feel more _____.

A slow morning can make a big _____.

When Everything Goes Wrong in the Morning

Text

Some mornings start badly, and everything goes wrong from the first minute. Last week, I had one of those mornings. I woke up late because I didn't hear my alarm. I felt tired and confused, and I knew right away that the day would not be easy.

I got out of bed quickly and went to the bathroom, but I dropped my toothbrush on the floor. It was a small thing, but it made me feel more annoyed. Then I tried to wash my face, but the water was too cold. I didn't have time to wait, so I just did it quickly and moved on.

After that, I went to the kitchen to make breakfast. I wanted something simple, but I couldn't find what I needed. The bread was finished, and there was no milk. I felt frustrated because I didn't want to leave the house hungry. In the end, I just took a banana and some water. It was not a good start.

While I was getting dressed, I couldn't find my favorite T-shirt. I looked everywhere, but it was not there. I had to choose something else, but I didn't like it. Then I noticed a small stain on my jeans. I didn't have time to change again, so I just hoped that no one would see it.

When I was ready to leave, I checked my bag and realized that I couldn't find my keys. I looked on the table, in my pockets, and near the door, but they were not there. I started to feel nervous. I didn't want to be even later. Finally, I found them in my jacket from the day before. I felt a little better, but I already lost more time.

Outside, things didn't get better. It started to rain, and I didn't have an umbrella. I walked fast, but I still got a little wet. When I arrived at the bus stop, the bus had just left. I missed it by a minute again. I felt very frustrated and a bit tired of everything.

At that moment, I decided to stop and take a deep breath. I told myself, «It's just a bad morning, not a bad day.» I tried to calm down and wait for the next bus. Slowly, I started to feel better.

Later, the day became easier. Not everything was perfect, but it was normal. I understood that sometimes things go wrong, and it's okay. The important thing is not to panic and not to give up.

Now, when something goes wrong in the morning, I try to stay calm and continue. A bad start does not mean a bad day.

Key Vocabulary and Expressions

go wrong — идти не так
wake up late — просыпаться поздно
right away — сразу
get out of bed — вставать с кровати
drop something — уронить что-то
on the floor — на полу
feel annoyed — чувствовать раздражение
move on — двигаться дальше

make breakfast — готовить завтрак
run out of — закончиться
feel frustrated — чувствовать фрустрацию
leave the house — выходить из дома
get dressed — одеваться
look everywhere — искать везде
notice — замечать
stain — пятно
hope — надеяться
check my bag — проверять сумку
realize — осознавать
look for — искать
in my pockets — в карманах
feel nervous — нервничать
lose time — терять время
start to rain — начинаться дождь
get wet — промокнуть
miss the bus — пропустить автобус
take a deep breath — сделать глубокий вдох
calm down — успокаиваться
give up — сдаваться

Useful Patterns

Everything went wrong because... — Всё пошло не так, потому что...
I didn't have time to... — У меня не было времени, чтобы...
I felt... but... — Я чувствовал..., но...
I tried to... — Я пытался...
In the end, I... — В конце концов, я...
I realized that... — Я понял, что...
I decided to... — Я решил...
It's just..., not... — Это всего лишь..., а не...
The important thing is to... — Важно...

Practice: Answer the Questions

Have you ever had a bad morning? What happened?
What small things can make your morning worse?
How do you feel when everything goes wrong?
What do you do to calm down?
Do you think a bad morning can change the whole day? Why?
What helps you continue when something goes wrong?

Model Answers

Yes, I had a bad morning when I woke up late and missed my bus. Everything went wrong.
Small problems like losing my keys or being late can make my morning worse.
I feel frustrated and nervous, but I try to stay calm.
I take a deep breath and try to calm down. It helps me feel better.

Sometimes it can change the day, but not always. It depends on how I react.
I try not to give up and continue. I tell myself that it is just a bad moment.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: Sometimes everything goes wrong in the morning because I wake up late and lose time. Then I feel frustrated, but I try to calm down. For example, last week I missed the bus and got wet in the rain.

Practice: Complete the Sentences

Everything went _____ this morning.
I woke up _____ because I didn't hear my alarm.
I couldn't find my keys and had to _____ for them.
I felt frustrated, but I tried to _____ down.
I didn't want to _____ up, so I continued.

Cleaning My Room Before Guests

Text

Yesterday, I had to clean my room because guests were coming in the evening. I usually keep my room in an okay condition, but it was not perfect. There were clothes on the chair, books on the floor, and some empty cups on the table. I knew I had to clean everything before people arrived.

At first, I didn't want to start. I felt a bit lazy, and I thought, «Maybe it's not so bad.» But then I looked around again and realized it was messy. I didn't want my guests to see my room like that, so I decided to clean it properly.

I started with the clothes. I picked them up and put them in the wardrobe. Some clothes were clean, and some were dirty, so I had to separate them. Then I made my bed. It always makes the room look better right away. After that, I took all the cups and plates to the kitchen and washed them.

Next, I worked on the desk. There were many things on it: books, pens, papers, and small objects. I didn't need all of them, so I tried to organize everything. I put the important things in one place and removed what I didn't need. It took some time, but it helped me see the desk clearly again.

Then I cleaned the floor. I picked up small things and put them in the right place. After that, I used a vacuum cleaner. It made a big difference. The room started to feel fresh and clean. I also opened the window to let some fresh air in.

While I was cleaning, I played music. It helped me stay active and not feel bored. At first, I didn't want to do anything, but later I started to enjoy the process. I saw how the room changed step by step, and it made me feel good.

When I finished, I looked around and smiled. The room was clean, comfortable, and ready for guests. I felt proud because I did everything by myself. I also felt more relaxed, because a clean space makes my mind feel clear.

When my guests arrived, I was not worried. I felt confident and happy to invite them into my room. After that day, I understood that cleaning is not so difficult if you start and do it step by step.

Key Vocabulary and Expressions

clean my room — убирать комнату

guests — гости

in the evening — вечером

in an okay condition — в нормальном состоянии

messy — беспорядочный

look around — осматриваться

realize — понимать

decide to — решать

properly — как следует

pick up — поднимать

put in the wardrobe — класть в шкаф

separate — разделять
make the bed — заправлять кровать
right away — сразу
take to the kitchen — отнести на кухню
wash dishes — мыть посуду
organize — организовывать
remove — убирать
take time — занимать время
in the right place — на правильном месте
vacuum cleaner — пылесос
make a difference — иметь значение
fresh air — свежий воздух
stay active — оставаться активным
feel bored — скучать
step by step — шаг за шагом
feel proud — чувствовать гордость
feel relaxed — чувствовать расслабление
invite — приглашать

Useful Patterns

I had to... because... — Мне пришлось..., потому что...
At first, I didn't want to..., but... — Сначала я не хотел..., но...
I decided to... — Я решил...
It makes... look better — Это делает... лучше
I didn't need..., so... — Мне не нужно было..., поэтому...
It took some time, but... — Это заняло время, но...
I started to... — Я начал...
When I finished, I... — Когда я закончил, я...
I felt... because... — Я чувствовал..., потому что...

Practice: Answer the Questions

Do you often clean your room?
When do you usually clean your room?
What do you do first when you clean?
Do you like cleaning or not? Why?
What helps you clean faster or better?
How do you feel in a clean room?

Model Answers

I clean my room sometimes because I don't like it when it is messy.
I usually clean my room before guests come or on weekends.
First, I pick up my clothes and make my bed. It helps right away.
I don't always like cleaning, but I enjoy the result. It makes me feel good.
Music helps me stay active and not feel bored. It makes cleaning easier.
I feel relaxed and comfortable in a clean room. It makes a big difference.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: I clean my room before guests because I don't want it to look messy. I pick up my clothes and organize my desk. For example, last week I used a vacuum cleaner and opened the window for fresh air.

Practice: Complete the Sentences

My room was very _____ before I cleaned it.

I had to clean because _____ were coming.

First, I picked _____ my clothes.

Cleaning step by _____ makes it easier.

A vacuum cleaner can make a big _____.

Doing Laundry for the First Time

Text

Last weekend, I did my laundry for the first time. Before that, someone else usually helped me, so I didn't know much about it. But this time, I had to do everything by myself. I felt a bit unsure, but I also wanted to learn.

First, I collected all my dirty clothes. They were in different places: on the chair, in my bag, and on the floor. I put everything in one pile and looked at it. There were many clothes, and I didn't know where to start.

Then I remembered that I needed to separate the clothes. I put white clothes in one group and dark clothes in another. I also found some colored clothes and didn't know what to do with them. I thought for a moment and decided to wash them with dark clothes, because I didn't want to risk it.

After that, I went to the washing machine. I opened it and put the clothes inside. I didn't want to put too many things, so I tried to be careful. Then I had to choose the right program. There were many buttons, and it looked a bit confusing. I read the instructions and chose a simple program.

Next, I added some detergent. I was not sure how much to use, so I added a small amount. I didn't want to use too much. Then I closed the machine and started it. When it began to work, I felt a little proud.

While the clothes were washing, I waited and did other things. I checked the machine from time to time, just to see if everything was okay. I was a bit worried, but everything worked fine.

When the washing was finished, I opened the machine and took the clothes out. They smelled fresh and clean, and I felt happy. I shook them a little and hung them to dry. It took some time, but it was easy.

After everything was done, I looked at the clean clothes and smiled. It was not so difficult, but I had to learn step by step. Now I feel more confident, and I know I can do it again.

Doing laundry for the first time was a simple but useful experience. It helped me become more independent and responsible.

Key Vocabulary and Expressions

do laundry — стирать
for the first time — в первый раз
by myself — самостоятельно
feel unsure — чувствовать неуверенность
collect clothes — собирать одежду
dirty clothes — грязная одежда
in different places — в разных местах
on the floor — на полу
put in a pile — складывать в кучу

separate clothes — разделять одежду
white clothes — белая одежда
dark clothes — тёмная одежда
colored clothes — цветная одежда
risk — рисковать
washing machine — стиральная машина
put inside — класть внутрь
be careful — быть внимательным
choose a program — выбирать режим
read instructions — читать инструкции
detergent — стиральный порошок
add — добавлять
a small amount — небольшое количество
start the machine — запускать машину
feel proud — чувствовать гордость
from time to time — время от времени
work fine — работать нормально
take out — вынимать
smell fresh — пахнуть свежестью
hang to dry — вешать сушиться
step by step — шаг за шагом
feel confident — чувствовать уверенность
independent — самостоятельный

Useful Patterns

For the first time, I... — В первый раз я...
I didn't know..., so... — Я не знал..., поэтому...
I tried to... — Я попытался...
I was not sure..., but... — Я не был уверен..., но...
I decided to... — Я решил...
It looked..., so... — Это выглядело..., поэтому...
I felt... when... — Я почувствовал..., когда...
It was not ..., but... — Это было не..., но...
Now I know that... — Теперь я знаю, что...

Practice: Answer the Questions

Do you do your own laundry?
Have you ever done something for the first time? What was it?
Do you find it easy or difficult to use a washing machine?
What do you do step by step when you clean or organize something?
How do you feel when you learn something new?
Do you like doing household chores? Why or why not?

Model Answers

Yes, I do my own laundry because I want to be independent. It is a useful skill.
Yes, I did laundry for the first time last year. I felt unsure at first.

It is a bit difficult at the beginning, but it becomes easy later.
First, I collect things and put them in one place. Then I organize them step by step.
I feel proud and more confident when I learn something new.
I don't always like chores, but I know they are important. They help me be responsible.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer: I did my laundry for the first time last year because I wanted to be independent. At first, I felt unsure and had to read instructions. For example, I didn't know how much detergent to add.

Practice: Complete the Sentences

I did my laundry for the first _____.
I had to _____ the clothes before washing.
I added a small _____ of detergent.
I was not sure, so I read the _____.
I hung the clothes to _____.

Cooking Dinner Alone

Text

Last Friday, I decided to cook dinner alone. Usually, I eat simple food or order something, but this time I wanted to try cooking by myself. I felt a little nervous, because I don't cook very often, but I also felt excited.

First, I chose a simple recipe. I didn't want anything difficult, so I decided to make pasta with vegetables. I checked what I had at home and made a short list of things I needed. Then I went to the shop and bought tomatoes, onions, and some cheese.

When I came back home, I started to prepare everything. I washed the vegetables and cut them into small pieces. It took some time, because I wanted to do it carefully. Then I put water in a pot and turned on the stove. While the water was heating, I started to cook the vegetables in a pan.

At first, I didn't know how much oil to use, so I added a little. Then I put the onions in the pan and waited until they became soft. After that, I added tomatoes and mixed everything. It smelled good, and I started to feel more confident.

When the water was ready, I added the pasta. I checked the time and waited. While the pasta was cooking, I looked at the vegetables and mixed them again. I didn't want anything to burn, so I stayed near the stove.

After a few minutes, everything was ready. I took the pasta and mixed it with the vegetables. Then I added some cheese on top. It looked simple, but nice. I put the food on a plate and sat down at the table.

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