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Том Сториз

**Практический
английский
для жизни**

*Лексика, темы
и практика*



Том Сториз
Практический английский
для жизни. Лексика,
темы и практика

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Аннотация

Книга предназначена для изучающих английский язык на уровне A2 и направлена на развитие навыков повседневного общения. В ней представлены актуальные темы, связные тексты и практическая лексика, включая устойчивые выражения и речевые модели. Упражнения помогают закрепить материал и начать использовать язык в реальных ситуациях. Подходит для самостоятельного обучения и занятий с преподавателем.

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Практический английский для жизни Лексика, темы и практика

Том Сториз

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Введение

Данное издание предназначено для изучающих английский язык на уровне А2 и ориентировано на развитие лексических и коммуникативных навыков в рамках повседневного общения. В книге представлены темы, отражающие реальные жизненные ситуации, с которыми сталкивается широкий круг взрослых обучающихся вне зависимости от их профессиональной или социальной принадлежности.

Основной принцип организации материала заключается в системном освоении лексики через контекст. Каждая глава включает связный текст, построенный на естественном разговорном английском языке, что позволяет формировать навыки понимания и воспроизведения речи в типичных коммуникативных условиях. Отбор языкового материала осуществлялся с учетом частотности употребления и практической значимости.

Особое внимание уделено устойчивым выражениям и коллокациям, поскольку именно они составляют основу беглой и естественной речи. Представленные в книге лексические единицы сопровождаются переводом, что способствует более точному усвоению значений и облегчает процесс самостоятельной работы. Раздел с речевыми моделями направлен

на формирование готовых структур, которые могут быть использованы обучающимися в собственных высказываниях.

Практическая часть каждой главы включает задания, ориентированные на развитие продуктивных навыков. Вопросы предполагают личностную вовлеченность и стимулируют формирование развернутых ответов. Образцы ответов демонстрируют возможные способы использования изучаемой лексики и структур, что облегчает переход от восприятия материала к его активному применению.

Структура книги выстроена таким образом, чтобы обеспечить постепенное и последовательное расширение словарного запаса. Тематическое разнообразие позволяет обучающимся работать с материалом в соответствии с их интересами, а также возвращаться к отдельным разделам для повторения и закрепления.

Цель данного издания состоит в формировании устойчивых навыков использования английского языка в повседневной коммуникации. Книга может быть использована как для самостоятельного обучения, так и в рамках учебных курсов.

Slow Mornings and Busy Starts

Text

Some people love slow mornings, while others have very busy starts to the day. I think most of us want a calm morning, but real life is often different. Sometimes we wake up early and feel relaxed, but on other days everything feels rushed.

On a good day, I wake up before my alarm, so I don't feel stressed. I stay in bed for a few minutes and think about my plans. Then I get up, open the window, and let some fresh air in. It helps me wake up slowly. I like to make a cup of coffee and sit quietly for a short time. Although I don't always have much time, I try to enjoy these small moments.

After that, I start getting ready. I take a shower, brush my teeth, and get dressed. I usually choose comfortable clothes because I want to feel good during the day. If I have time, I prepare a simple breakfast. I might eat toast with cheese or eggs, and I always drink something warm. A good breakfast gives me energy, so I can start my day in a better mood.

However, not every morning is like this. Sometimes I wake up late because I turn off my alarm and go back to sleep. When

this happens, everything changes. I don't have time to relax, so I have to hurry. I get out of bed quickly, skip breakfast, and try to get ready as fast as possible. It feels stressful, and I often forget something important.

Busy mornings can be difficult, but they are very common. For example, if I have an early meeting or an important task, I feel nervous. I check the time again and again, because I don't want to be late. I try to do everything quickly, but sometimes I make mistakes. Although I know that planning helps, I don't always follow my own advice.

One thing that helps me is preparing the night before. I choose my clothes, pack my bag, and think about my schedule. So in the morning, I don't need to make too many decisions. It saves time and makes my morning easier. I also try to go to bed earlier, because enough sleep makes a big difference.

In the end, mornings are different for everyone. Some people enjoy slow mornings every day, but others often have busy starts. I think it's important to find a balance. Even if your morning is busy, you can still find a few quiet minutes. These small moments can change how you feel for the rest of the day.

Key Vocabulary and Expressions

wake up early — просыпаться рано

feel relaxed — чувствовать себя расслабленно
feel rushed — чувствовать спешку
get up — вставать
let fresh air in — впустить свежий воздух
wake up slowly — просыпаться постепенно
have a cup of coffee — выпить чашку кофе
small moments — небольшие моменты
get ready — собираться
comfortable clothes — удобная одежда
have time — иметь время
skip breakfast — пропускать завтрак
be in a hurry — спешить
forget something important — забыть что-то важное
busy morning — занятое утро
feel nervous — нервничать
be late — опаздывать
make mistakes — делать ошибки
plan ahead — планировать заранее
go to bed earlier — ложиться спать раньше
make a difference — иметь значение
find a balance — найти баланс

Useful Patterns

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

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

If I have time, I... — Если у меня есть время, я...

I don't have time to..., so I... — У меня нет времени...,

поэтому я...

It helps me to... — Это помогает мне...

One thing that helps me is... — Одна вещь, которая мне

помогает, это...

I feel... when... — Я чувствую себя..., когда...

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

Practice: Answer the Questions

What is your morning usually like?

Model answer: My morning is usually a bit busy because I often wake up late and have to hurry. I try to get ready quickly and not be late.

Do you prefer slow mornings or busy mornings? Why?

Model answer: I prefer slow mornings because I feel more relaxed and ready for the day. It helps me stay in a good mood.

What do you usually do first after you wake up?

Model answer: I usually check my phone and then get up. After that, I go to the bathroom and start getting ready.

Do you often skip breakfast?

Model answer: Sometimes I skip breakfast because I don't

have enough time. On better days, I try to eat something simple.

What helps you have a better morning?

Model answer: Planning ahead helps me a lot because I don't waste time in the morning. I also try to go to bed earlier.

How do you feel when you are in a hurry?

Model answer: I feel nervous and stressed when I am in a hurry. I also make more mistakes.

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 prefer slow mornings because I don't like to be in a hurry. I try to wake up early and have a cup of coffee. For example, when I have time in the morning, I feel more relaxed and don't make mistakes.

Practice: Complete the Sentences

I usually wake up _____ because I need time to get ready.

In the morning, I try to _____, but sometimes I feel rushed.

If I don't have time, I often _____ breakfast.

One thing that helps me is to _____ ahead.

When I am in a hurry, I often _____ mistakes.

When Plans Change

Text

We often make plans for the day, the weekend, or even for the whole week. We decide what to do, where to go, and who to meet. Planning helps us feel organized and in control. However, things don't always go as expected, and sometimes our plans change.

For example, you may plan to meet a friend in the evening, but your friend cancels at the last minute. Or you want to go for a walk, but it starts raining. These situations are very common. Although it can be frustrating, it is important to stay calm and think of another option.

When my plans change, I usually feel a bit disappointed at first.

I imagine how things will go, so I don't like it when everything is different. But I try not to get upset for too long. Instead, I ask myself what I can do next. Sometimes a small change can lead to something better.

For instance, if I can't go out, I stay at home and relax. I might watch a movie, read a book, or cook something new. It's not the

same as my original plan, but it can still be enjoyable. In fact, I sometimes need a quiet evening, although I don't always realize it.

There are also times when changes are more serious. For example, if I have a lot of work and can't finish it on time, I have to change my schedule. I may move some tasks to another day or ask for more time. It's not always easy, but it helps me manage my responsibilities better.

One important skill is being flexible. It means you can accept changes and adapt to new situations. Flexible people don't panic when something goes wrong. They look for solutions instead of focusing on the problem. So when plans change, they can still have a good day.

Another helpful thing is to have a backup plan. For example, if your plan is to go outside, you can also think about something to do at home. If one option doesn't work, you already have another idea. It saves time and reduces stress.

In the end, we cannot control everything. Plans change, people cancel, and unexpected things happen. Although it can be annoying, it is a normal part of life. If you stay positive and open to new ideas, you can turn a bad situation into a good one.

Key Vocabulary and Expressions

make plans — строить планы
go as expected — идти по плану
plans change — планы меняются
at the last minute — в последний момент
cancel plans — отменять планы
feel frustrated — чувствовать раздражение
stay calm — сохранять спокойствие
another option — другой вариант
feel disappointed — чувствовать разочарование
get upset — расстраиваться
think of something else — придумать что-то другое
stay at home — оставаться дома
original plan — изначальный план
be enjoyable — быть приятным
have a lot of work — иметь много работы
change your schedule — менять расписание
move tasks — переносить задачи
ask for more time — просить больше времени
be flexible — быть гибким
adapt to — адаптироваться к
look for solutions — искать решения
backup plan — запасной план
unexpected things — неожиданные вещи
stay positive — сохранять позитивный настрой

Useful Patterns

I planned to..., but... — Я планировал..., но...

When something changes, I... — Когда что-то меняется, я...

At first, I feel..., but then I... — Сначала я чувствую..., но потом...

If I can't..., I usually... — Если я не могу..., я обычно...

One thing that helps is... — Одна вещь, которая помогает, это...

It's not always easy, but... — Это не всегда легко, но...

I try to stay... — Я стараюсь оставаться...

Instead of..., I... — Вместо..., я...

Practice: Answer the Questions

How do you feel when your plans change?

Model answer: I feel a bit disappointed when my plans change, especially at the last minute. But I try to stay calm and think of another option.

What do you usually do if your plans are canceled?

Model answer: If my plans are canceled, I usually stay at home and relax. I might watch something or read a book.

Do you like making plans in advance?

Model answer: Yes, I like making plans because it helps me feel organized. But I understand that things don't always go as

expected.

Are you a flexible person?

Model answer: I think I am quite flexible because I can adapt to changes. I try not to get upset and look for solutions.

What is your backup plan when you can't go out?

Model answer: My backup plan is to stay at home and do something enjoyable. For example, I cook or watch a movie.

Have you ever had a day when everything changed?

Model answer: Yes, I have had days like that. I had a lot of work, so I had to change my schedule and move tasks.

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 don't like it when plans change at the last minute because I feel disappointed. However, I try to stay positive and think of another option. For example, if I can't go out, I stay at home and do something enjoyable.

Practice: Complete the Sentences

I planned to go out, but my friend _____ at the last minute.

When my plans change, I try to stay _____ and not get upset.
If I can't follow my original plan, I think of _____ option.
One useful thing is to have a _____ plan.
Flexible people can easily _____ to new situations.

Small Talk That Actually Works

Text

Small talk is a big part of everyday communication. We use it when we meet new people, talk to colleagues, or even speak to someone in a shop or on public transport. It may seem simple, but for many people it is not easy to start or keep a conversation going.

Small talk is not about deep or serious topics. It is about simple, friendly communication. For example, people often talk about the weather, daily plans, or something around them. It may sound basic, but it helps people feel comfortable and relaxed.

When I meet someone for the first time, I usually start with a simple question. I might say, «How is your day going?» or «What do you do?» These questions are easy to answer, so the other person does not feel stressed. Then I listen carefully and try to ask more questions. This shows interest and helps the conversation continue.

One important thing is to keep the conversation natural. You don't need to ask too many questions one after another. It is better to react to what the other person says. For example, if they say

they are busy at work, you can say, «That sounds stressful» or «What kind of work do you do?» So the conversation feels more real and not like an interview.

Body language is also very important. A smile, eye contact, and a friendly tone can make a big difference. Even simple phrases like «That's interesting» or «Really?» can show that you are listening. Although these expressions are short, they help the other person feel heard.

Sometimes conversations can feel difficult. For example, there may be a long silence. In this case, you can change the topic or ask a new question. You can also talk about something around you, like the place, the music, or the event. It is a simple way to continue the conversation without pressure.

Another useful idea is to share something about yourself. Small talk is not only about asking questions. If you only ask and never answer, the conversation can feel one-sided. So it is good to give short answers and add a little information. For example, if someone asks about your weekend, you can say what you did and how you felt.

It is also important to know when to finish the conversation. Small talk is usually short. You don't need to talk for a long time. You can say something like, «It was nice talking to you» or «I

have to go now, but it was great to meet you.» This sounds polite and natural.

In the end, small talk is a skill that improves with practice. You don't need to be perfect. If you stay relaxed, show interest, and use simple phrases, you can have a good conversation in many situations.

Key Vocabulary and Expressions

small talk — непринуждённый разговор

everyday communication — повседневное общение

start a conversation — начать разговор

keep a conversation going — поддерживать разговор

feel comfortable — чувствовать себя комфортно

ask a question — задать вопрос

listen carefully — внимательно слушать

show interest — проявлять интерес

keep it natural — говорить естественно

one after another — один за другим

sound like an interview — звучать как допрос

body language — язык тела

make eye contact — устанавливать зрительный контакт

friendly tone — дружелюбный тон

make a difference — иметь значение

feel heard — чувствовать, что тебя слушают

long silence — долгая пауза

change the topic — сменить тему
without pressure — без давления
one-sided conversation — односторонний разговор
share something about yourself — рассказать о себе
short answers — короткие ответы
finish the conversation — закончить разговор
sound polite — звучать вежливо

Useful Patterns

How is your day going? — Как проходит твой день?

What do you do? — Чем ты занимаешься?

That sounds... — Звучит...

Really? Tell me more. — Правда? Расскажи больше.

What about you? — А ты?

I usually... — Я обычно...

It depends, but... — Зависит, но...

It was nice talking to you. — Было приятно поговорить с тобой.

Practice: Answer the Questions

Do you find small talk easy or difficult?

Model answer: I find small talk a bit difficult because I don't always know what to say. But I try to stay relaxed and ask simple questions.

What do you usually talk about with new people?

Model answer: I usually talk about work or daily life because it is easy and natural. It helps people feel comfortable.

Do you like asking questions or answering them?

Model answer: I like asking questions because it helps me keep the conversation going. I also show interest this way.

What do you do if there is a long silence?

Model answer: If there is a long silence, I try to change the topic or ask a new question. It helps continue the conversation.

How do you show that you are listening?

Model answer: I show that I am listening by making eye contact and reacting. I say things like «That's interesting.»

How do you usually finish a conversation?

Model answer: I usually say something polite like «It was nice talking to you.» Then I say goodbye.

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 think small talk is important for everyday

communication because it helps people feel comfortable. I try to start a conversation with simple questions and show interest. For example, I often ask about someone's day and listen carefully.

Practice: Complete the Sentences

Small talk helps people feel more _____ and relaxed.

I usually start a conversation by _____ a question.

It is important to _____ interest and listen carefully.

If there is a long _____, you can change the topic.

At the end, it is good to sound _____ and friendly.

Running Late Again

Text

Being late is a common problem for many people. Even when we try to be on time, something often goes wrong. We plan our morning, set an alarm, and think everything is under control, but then we end up running late again.

On a typical day, I try to wake up early, so I have enough time to get ready. I turn off my alarm, get up, and start my routine. However, sometimes I feel too tired, so I stay in bed for a few extra minutes. These minutes feel short, but they can make a big difference. Because of this, I suddenly don't have enough time.

When I realize that I am late, I start to hurry. I move faster, skip small things, and try to do everything quickly. I may skip breakfast or forget to check my bag. Although I try to save time, I often make mistakes. For example, I might forget my keys or leave something important at home.

Running late also affects how I feel. I feel stressed and nervous, especially if I have a meeting or an important plan. I check the time again and again, because I don't want to be late. Sometimes I even feel a bit embarrassed when I arrive late and

have to say sorry.

There are many reasons why people are late. Some people don't plan well, while others underestimate how much time they need. For example, getting ready may take longer than expected, or traffic may be worse than usual. So even small problems can cause delays.

One thing that helps is preparing in advance. I try to get everything ready the night before. I choose my clothes, pack my bag, and think about what I need for the next day. This way, I don't waste time in the morning. It also helps me feel more relaxed.

Another useful habit is leaving earlier than necessary. If I think I need 30 minutes, I try to leave 10 minutes earlier. This gives me extra time in case something goes wrong. Although it is not always easy, it helps me arrive on time more often.

Of course, it is not possible to be on time every day. Sometimes unexpected things happen, and we cannot control them. In these situations, it is important to stay calm and be polite. If I know I will be late, I try to send a message and explain the situation. People usually understand if you communicate clearly.

In the end, being late is something many people experience. But with better planning and simple habits, it is possible to improve. Even small changes can help you feel more in control and start your day in a better way.

Key Vocabulary and Expressions

be on time — быть вовремя

run late — опаздывать

something goes wrong — что-то идет не так

be under control — быть под контролем

feel too tired — чувствовать сильную усталость

a few extra minutes — несколько дополнительных минут

make a difference — иметь значение

realize — осознавать

be in a hurry — спешить

skip breakfast — пропускать завтрак

make mistakes — делать ошибки

forget something — забыть что-то

feel stressed — чувствовать стресс

feel nervous — нервничать

arrive late — приходить поздно

feel embarrassed — чувствовать неловкость

underestimate time — недооценивать время

cause delays — вызывать задержки

prepare in advance — готовиться заранее

waste time — тратить время

leave earlier — выходить раньше
extra time — дополнительное время
unexpected things — неожиданные вещи
send a message — отправить сообщение
explain the situation — объяснить ситуацию

Useful Patterns

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

When I realize that..., I... — Когда я понимаю, что..., я...

Because of this, I... — Из-за этого я...

I don't have enough time to..., so I... — У меня нет времени..., поэтому я...

One thing that helps is... — Одна вещь, которая помогает, это...

I usually feel... when... — Я обычно чувствую..., когда...

If I know that..., I... — Если я знаю, что..., я...

It is important to... — Важно...

Practice: Answer the Questions

Do you often run late?

Model answer: Sometimes I run late because I feel too tired in the morning. I try to wake up early, but it doesn't always work.

What is the main reason you are late?

Model answer: The main reason is that I underestimate time.

I think I have enough time, but something goes wrong.

How do you feel when you are late?

Model answer: I feel stressed and a bit embarrassed when I arrive late. I don't like making people wait.

What do you do when you are in a hurry?

Model answer: When I am in a hurry, I skip small things and try to move faster. Sometimes I make mistakes.

What helps you be on time?

Model answer: Preparing in advance helps me a lot. I also try to leave earlier to have extra time.

What do you do if you know you will be late?

Model answer: If I know I will be late, I send a message and explain the situation. It is important to be polite.

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 sometimes run late because I underestimate time and stay in bed for a few extra minutes. Because of this, I don't have enough time and feel stressed. For

example, I may skip breakfast and forget something important.

Practice: Complete the Sentences

I try to be _____ time, but sometimes I run late.

When I am late, I feel stressed and _____.

One reason people are late is that they _____ time.

It helps to prepare _____ advance the night before.

If I know I will be late, I _____ a message.

A Day Without Your Phone

Text

Today, most people use their phones all the time. We check messages, read the news, watch videos, and use social media. Our phones help us stay connected and organized. However, have you ever tried to spend a whole day without your phone?

For many people, this idea feels difficult. We are so used to having our phones in our hands that it becomes a habit. When I think about a day without my phone, I feel a bit uncomfortable at first. I worry that I will miss something important or not be able to contact someone.

In the morning, the first thing I usually do is check my phone. I look at messages, emails, and notifications. So if I don't have my phone, my morning feels different. I don't know what is happening, and it feels strange. But after some time, I start to relax. I can focus on getting ready without distractions.

During the day, I often use my phone when I have free time. For example, I check social media while I am waiting or watch short videos when I feel bored. Without my phone, I need to find other things to do. I might look around, notice people, or think

about my plans. It feels slower, but also more real.

Not having a phone also changes how I communicate. I cannot send quick messages or call someone easily. So I have to plan better. For example, I need to decide where and when to meet someone in advance. Although it takes more effort, it can make communication clearer.

There are also some positive sides. Without my phone, I feel less stressed because I don't check notifications all the time. I don't compare my life to others on social media, and I don't feel pressure to reply quickly. So I have more time to think, relax, and enjoy the moment.

In the evening, I usually spend time on my phone again. I watch something, read news, or talk to friends. Without it, I might read a book, listen to music, or just rest. It can be a nice change, although I sometimes miss the convenience of my phone.

Of course, living without a phone every day is not easy or realistic. Phones are useful tools, and we need them for many things. But spending one day without your phone can help you understand your habits better. It shows how often you use it and how it affects your day.

In the end, a day without your phone can feel strange at first,

but it can also be a good experience. It helps you slow down, focus on real life, and take a break from constant communication.

Key Vocabulary and Expressions

use your phone — пользоваться телефоном

check messages — проверять сообщения

stay connected — оставаться на связи

spend a day without — провести день без

feel uncomfortable — чувствовать себя некомфортно

be used to — быть привыкшим к

miss something important — пропустить что-то важное

check notifications — проверять уведомления

feel strange — чувствовать себя странно

focus on — сосредоточиться на

without distractions — без отвлечений

have free time — иметь свободное время

feel bored — скучать

look around — оглядываться вокруг

in advance — заранее

take more effort — требовать больше усилий

feel less stressed — чувствовать меньше стресса

compare your life — сравнивать свою жизнь

feel pressure — чувствовать давление

enjoy the moment — наслаждаться моментом

spend time — проводить время

take a break — сделать перерыв

understand your habits — понимать свои привычки
slow down — замедлиться

Useful Patterns

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

It feels... at first, but then... — Сначала это кажется..., но ПОТОМ...

Without..., I have to... — Без..., мне приходится...

I often use my phone when... — Я часто пользуюсь телефо-
ном, когда...

One positive thing is... — Один плюс в том, что...

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

It helps me to... — Это помогает мне...

It is not easy to..., but... — Это нелегко..., но...

Practice: Answer the Questions

Could you spend a whole day without your phone?

Model answer: I think I could, but it would be difficult. I am
used to checking my phone all the time.

What do you usually do on your phone?

Model answer: I usually check messages and social media. I
also watch videos when I have free time.

How would you feel without your phone?

Model answer: At first, I would feel uncomfortable and a bit bored. But later, I think I would feel more relaxed.

What would you do instead of using your phone?

Model answer: I would read a book or look around more. I might also think about my plans.

Do you think phones make life easier or more stressful?

Model answer: I think phones make life easier, but they can also cause stress. For example, I feel pressure to check notifications.

When do you usually take a break from your phone?

Model answer: I usually take a break in the evening or when I feel tired. It helps me relax.

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 think I could spend a day without my phone, but it would feel uncomfortable at first. I am used to checking notifications and staying connected. However, it could help me slow down and enjoy the moment more.

Practice: Complete the Sentences

I usually _____ messages first thing in the morning.

Without my phone, I feel a bit _____ at first.

I often use my phone when I have _____ time.

One positive thing is that I feel less _____.

Spending a day without your phone helps you understand your

_____.

Coffee Break Conversations

Text

Coffee breaks are a small but important part of the day. Many people have a short break in the morning or afternoon to relax, drink coffee or tea, and talk to others. These moments may seem simple, but they can help you feel better and stay connected with people.

During a coffee break, the atmosphere is usually informal. People are not working actively, so they feel more relaxed. It is a good time for small talk and easy conversations. You don't need to discuss serious topics. Instead, people often talk about their day, their plans, or something interesting they saw.

When I have a coffee break, I usually sit down with a drink and take a few minutes to rest. If I am with other people, we start a conversation naturally. Someone may ask, «How is your day going?» or «Are you busy today?» These questions are simple, but they help start a friendly conversation.

One good thing about coffee break conversations is that they are short and easy. You don't need to think too much. You can share small details about your day. For example, you can say that

you have a lot of work or that you are looking forward to the weekend. These small exchanges help people understand each other better.

It is also a good moment to build relationships. When you talk to colleagues or people around you, you learn more about them. You may find common interests or similar experiences. So even a short conversation can make your day more enjoyable.

Of course, not everyone feels comfortable talking during breaks. Some people prefer to sit quietly and relax. That is also okay. A coffee break is a time to rest, so everyone can use it in their own way. However, if you want to improve your communication skills, it is a good chance to practice.

There are a few simple ways to make these conversations better. First, be friendly and open. A smile and a simple question can start a conversation. Second, listen carefully and react to what the other person says. For example, you can say, «That sounds interesting» or «Really?» Third, keep the conversation light and positive.

It is also important to know when to finish the conversation. A coffee break is short, so people usually go back to work soon. You can end the conversation politely by saying, «I need to get back to work» or «It was nice talking to you.» This sounds

natural and respectful.

In the end, coffee break conversations are a simple but useful part of everyday life. They help you relax, connect with others, and practice speaking in a natural way. Even a few minutes of friendly conversation can make your day better.

Key Vocabulary and Expressions

coffee break — кофейный перерыв

take a break — сделать перерыв

feel relaxed — чувствовать себя расслабленно

stay connected — оставаться на связи

informal atmosphere — неформальная атмосфера

small talk — непринуждённый разговор

start a conversation — начать разговор

simple questions — простые вопросы

share small details — делиться небольшими деталями

have a lot of work — иметь много работы

look forward to — ждать с нетерпением

build relationships — строить отношения

common interests — общие интересы

similar experiences — похожий опыт

feel comfortable — чувствовать себя комфортно

sit quietly — сидеть тихо

improve communication skills — улучшать навыки обще-

ния

be friendly and open — быть дружелюбным и открытым
listen carefully — внимательно слушать
keep it light — говорить легко и непринуждённо
positive conversation — позитивный разговор
go back to work — возвращаться к работе
end the conversation — завершить разговор
sound natural — звучать естественно

Useful Patterns

How is your day going? — Как проходит твой день?

Are you busy today? — Ты сегодня занят?

I have a lot of work today. — У меня сегодня много работы.

I'm looking forward to... — Я жду с нетерпением...

That sounds... — Звучит...

What about you? — А ты?

I need to get back to work. — Мне нужно вернуться к работе.

It was nice talking to you. — Было приятно поговорить с тобой.

Practice: Answer the Questions

Do you usually take coffee breaks?

Model answer: Yes, I usually take a short coffee break in the afternoon. It helps me feel relaxed and take a break from work.

What do you do during your break?

Model answer: I usually drink coffee and sit quietly. Sometimes I talk to people and have small talk.

Do you like talking to people during breaks?

Model answer: Yes, I like it because it helps me stay connected. I also enjoy learning about others.

What do people usually talk about during breaks?

Model answer: People usually talk about their day or their plans. It is simple and easy conversation.

How do you start a conversation during a break?

Model answer: I usually ask a simple question like «How is your day going?» It helps start a conversation.

How do you finish a conversation politely?

Model answer: I say something like «I need to get back to work.» It sounds natural and polite.

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 like coffee break conversations because

they are informal and help me stay connected. I usually have small talk and share small details about my day. For example, I often say that I have a lot of work or that I look forward to the weekend.

Practice: Complete the Sentences

During a coffee break, people usually feel more _____.

It is a good time for _____ talk and easy conversations.

I like to _____ small details about my day.

Coffee breaks help build _____ with other people.

At the end, I usually say I need to go back to _____.

After Work: What Do You Do?

Text

After work, people do different things depending on their mood, energy, and plans. Some people want to relax and do nothing, while others prefer to stay active and go out. There is no right or wrong way to spend your time after work, but it is important to find something that helps you feel better.

When I finish work, I usually feel a bit tired, so I don't want to do anything too difficult. First, I take a short break and change my clothes. This helps me switch from work mode to free time. Then I decide what to do next. Sometimes I stay at home, and sometimes I go out.

On quiet evenings, I like to relax at home. I might watch a series, listen to music, or read a book. These activities help me forget about work and feel calm. I also like to cook something simple. Cooking can be relaxing, although I don't always have the energy for it.

Other days, I prefer to be more active. I may go for a walk, meet a friend, or do some exercise. Even a short walk can make a big difference, because it helps me clear my mind. If I meet

friends, we usually talk, have a drink, or just spend time together. It is a good way to stay connected and enjoy the evening.

Sometimes I have responsibilities after work. For example, I need to do household chores, go shopping, or prepare for the next day. These tasks are not always fun, but they are necessary. I try to do them quickly, so I still have time to relax.

One thing I try to avoid is spending the whole evening on my phone or computer. It is easy to do, but it doesn't always help me feel better. Instead, I try to balance screen time with other activities. For example, I may watch something for an hour, and then do something offline.

It is also important to think about sleep. If I stay up too late, I feel tired the next day. So I try to go to bed at a reasonable time. Although it is sometimes difficult, good sleep helps me have more energy and a better mood.

In the end, what you do after work can change how you feel. Some days you need rest, and other days you need activity. The most important thing is to listen to yourself and choose what works best for you.

Key Vocabulary and Expressions
after work — после работы

feel tired — чувствовать усталость
take a break — сделать перерыв
change clothes — переодеться
switch from... to... — переключиться с... на...
free time — свободное время
stay at home — оставаться дома
go out — выходить куда-то
relax at home — отдыхать дома
forget about work — забыть о работе
feel calm — чувствовать спокойствие
go for a walk — пойти на прогулку
clear your mind — очистить голову
spend time together — проводить время вместе
stay connected — оставаться на связи
household chores — домашние дела
prepare for the next day — готовиться к следующему дню
not always fun — не всегда приятно
spend time on your phone — проводить время в телефоне
screen time — время у экрана
offline activities — занятия без экрана
stay up late — ложиться поздно
get enough sleep — высыпаться
have more energy — иметь больше энергии
listen to yourself — прислушиваться к себе

Useful Patterns

After work, I usually... — После работы я обычно...

Sometimes I..., but other days I... — Иногда я..., но в другие дни я...

I don't want to..., so I... — Я не хочу..., поэтому я...

It helps me to... — Это помогает мне...

One thing I try to avoid is... — Одна вещь, которой я стараюсь избегать, это...

I try to balance... with... — Я стараюсь балансировать... и...

It is important to... — Важно...

I feel better when I... — Я чувствую себя лучше, когда я...

Practice: Answer the Questions

What do you usually do after work?

Model answer: After work, I usually relax at home because I feel tired. I watch something or listen to music.

Do you prefer to stay at home or go out?

Model answer: I prefer to stay at home because it helps me feel calm. But sometimes I like to go out and meet friends.

How do you relax in the evening?

Model answer: I relax by watching a series or reading a book. It helps me forget about work.

Do you do any activities after work?

Model answer: Yes, sometimes I go for a walk or do some exercise. It helps me clear my mind.

Do you have responsibilities after work?

Model answer: Yes, I have to do household chores and prepare for the next day. It is not always fun, but it is necessary.

What do you try to avoid in the evening?

Model answer: I try to avoid spending too much time on my phone. I want to do more offline activities.

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: After work, I usually relax at home because I feel tired. I try to forget about work and feel calm. For example, I watch a series or listen to music, and it helps me have more energy for the next day.

Practice: Complete the Sentences

After work, I usually take a short _____ to relax.

I like to _____ from work mode to free time.

Sometimes I go for a _____ to clear my mind.

I need to do _____ chores in the evening.

I try not to spend too much _____ time before bed.

The Art of Doing Nothing

Text

In modern life, many people are always busy. We have work, plans, messages, and things to do all the time. Because of this, doing nothing can feel strange or even wrong. However, learning how to do nothing is an important skill.

Doing nothing does not mean being lazy. It means taking a break from activity and giving your mind time to rest. For example, you can sit quietly, look out of the window, or just lie down and relax. These simple moments can help you feel better.

At first, doing nothing can be difficult. When I try to relax, I often think about my tasks and responsibilities. I feel like I should be doing something useful. But after some time, my mind becomes calmer. I stop thinking so much and start to enjoy the moment.

Many people use their phones when they have free time. They check messages, watch videos, or scroll through social media. It feels like rest, but it is not always real relaxation. Your mind is still active, and you don't get a full break. So sometimes it is better to put your phone away and just sit quietly.

Doing nothing can also help you think more clearly. When your mind is not busy, new ideas can appear. You may find a solution to a problem or remember something important. It happens naturally, without pressure.

Another benefit is that you feel less tired. Constant activity can make you feel stressed and tired, even if you don't notice it. Short breaks during the day can make a big difference. Even five or ten minutes of rest can help you feel more relaxed and focused.

Of course, it is not always easy to find time to do nothing. Our schedules are often full, and we feel pressure to stay productive. But it is important to make time for rest. You can start with small moments, for example, a few minutes in the morning or in the evening.

It is also helpful to create a simple habit. For example, you can decide to spend a few minutes without your phone every day. Sit in a quiet place, take a deep breath, and relax. You don't need a special plan. The goal is just to pause and be present.

In the end, doing nothing is not a waste of time. It is a way to take care of yourself. It helps you feel calmer, think more clearly, and have more energy. If you learn how to enjoy these quiet moments, your daily life can become more balanced.

Key Vocabulary and Expressions

be busy — быть занятым

do nothing — ничего не делать

feel strange — чувствовать себя странно

take a break — сделать перерыв

rest your mind — дать отдых мозгу

sit quietly — сидеть спокойно

lie down — лечь

feel better — чувствовать себя лучше

at first — сначала

think about tasks — думать о задачах

feel like — чувствовать, что хочется

become calmer — становиться спокойнее

enjoy the moment — наслаждаться моментом

scroll through — листать

put your phone away — убрать телефон

think clearly — ясно мыслить

find a solution — найти решение

without pressure — без давления

feel less tired — чувствовать меньше усталости

make a difference — иметь значение

feel focused — чувствовать концентрацию

find time — находить время

feel pressure — чувствовать давление

stay productive — оставаться продуктивным

be present — быть в моменте

Useful Patterns

It is important to... — Важно...

At first, I..., but then I... — Сначала я..., но потом я...

I feel like I should..., but... — Мне кажется, что я должен..., но...

Sometimes it is better to... — Иногда лучше...

It helps me to... — Это помогает мне...

Even a few minutes can... — Даже несколько минут могут...

I try to... every day — Я стараюсь... каждый день

The goal is to... — Цель — это...

Practice: Answer the Questions

Do you find it easy to do nothing?

Model answer: No, I don't find it easy because I often think about my tasks. I feel like I should be busy.

What do you usually do when you want to relax?

Model answer: I usually sit quietly or listen to music. It helps me feel calmer.

Do you use your phone when you have free time?

Model answer: Yes, I often use my phone and scroll through

social media. But I know it is not real rest.

How do you feel after a short break?

Model answer: I feel better and less tired after a short break. It helps me feel more focused.

When can you find time to do nothing?

Model answer: I can find time in the evening or early in the morning. Even a few minutes can help.

Why is it important to rest your mind?

Конец ознакомительного фрагмента.

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