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ТОМ СТОРИЗ

Истории для изучающих английский

ИСТОРИИ, ВОПРОСЫ И ПРАКТИКА



Том Сториз

**Истории для изучающих
английский. Истории,
вопросы и практика**

«Издательские решения»

Сториз Т.

Истории для изучающих английский. Истории, вопросы и практика
/ Т. Сториз — «Издательские решения»,

Книга предназначена для изучающих английский язык на уровне В1 и помогает развивать навыки понимания и общения в повседневных ситуациях. В основе — живые тексты, отражающие реальные сценарии, а также практические задания, направленные на развитие речи и уверенности. Материал включает полезные выражения, речевые модели и вопросы для личной практики. Подходит для самостоятельного обучения и работы с преподавателем.

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Истории для изучающих английский Истории, вопросы и практика

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Введение

Данная книга предназначена для изучающих английский язык на уровне B1 и направлена на развитие навыков понимания и использования языка в повседневных ситуациях. В основе материала лежат тексты, отражающие реальные жизненные сценарии, с которыми человек может столкнуться в личной, социальной и профессиональной среде.

Особенностью книги является сочетание повествовательной части и практических заданий. Каждый раздел включает связный текст, построенный на естественной разговорной речи, а также подбор лексических единиц, устойчивых выражений и речевых моделей, которые могут быть непосредственно использованы в устной и письменной коммуникации.

Задания ориентированы на активное вовлечение обучающегося. Они направлены на развитие навыков говорения, формирование способности выражать собственное мнение, а также на закрепление изученного материала через личный опыт. Вопросы и упражнения стимулируют самостоятельное мышление и способствуют более глубокому усвоению языка.

При разработке содержания учитывались принципы постепенного усложнения, повторяемости и практической применимости. Лексика и грамматические конструкции отбирались с учетом их частотности и актуальности для повседневного общения.

Книга может использоваться как для самостоятельного обучения, так и в рамках учебного процесса под руководством преподавателя. Ее структура позволяет гибко адаптировать материал в зависимости от целей и уровня подготовки обучающихся.

Основная задача издания — сформировать устойчивые навыки использования английского языка в реальных коммуникативных ситуациях и повысить уверенность обучающихся в процессе общения.

A Morning Routine That Changed My Day

Last month, I decided to change something small in my life — my morning routine. I didn't expect much at first. I just felt tired every morning, and my days often started in a hurry. I usually woke up late, checked my phone immediately, skipped breakfast, and rushed out of the house. By the time I got to work, I already felt stressed.

One Sunday evening, I thought about how I could improve my mornings. I didn't want to make big changes because I knew I wouldn't follow them for long. So I chose three simple things: wake up 30 minutes earlier, avoid my phone for the first hour, and have a calm breakfast.

The first day was not easy. When my alarm went off, I wanted to stay in bed. It was warm and comfortable, and I felt sleepy. But I remembered my plan and slowly got up. Instead of checking my phone, I opened the window and took a deep breath. The air was fresh, and the street was quiet.

I made a cup of tea and sat at the table. Usually, I eat quickly or don't eat at all, but this time I tried to slow down. I listened to the sounds outside and just enjoyed the moment. It felt strange at first, but also peaceful.

After breakfast, I had some extra time. I didn't know what to do with it, so I decided to write a short list of tasks for the day. It helped me feel more organized. I could see what was important and what could wait.

When I left the house, I noticed something different. I wasn't in a rush. I walked to the bus stop at a normal pace and even had time to look around. People seemed less stressful, or maybe it was just me.

At work, I felt more focused than usual. I started my tasks without delay and didn't feel overwhelmed. Even when a small problem appeared, I stayed calm and found a solution quickly.

Of course, not every morning is perfect now. Sometimes I still wake up late or check my phone too early. But most days, I follow my new routine, and it really makes a difference.

It's interesting how such small changes can affect the whole day. Now, mornings feel less like a race and more like a quiet beginning. And sometimes, that's exactly what I need.

Here are some useful expressions you might have noticed:

wake up earlier — просыпаться раньше

feel tired — чувствовать усталость

in a hurry — в спешке

rush out of the house — выбегать из дома

skip breakfast — пропускать завтрак

make small changes — вносить небольшие изменения

follow a routine — следовать расписанию

take a deep breath — сделать глубокий вдох

feel peaceful — чувствовать спокойствие

slow down — замедлиться

have extra time — иметь дополнительное время

make a list — составить список
feel organized — чувствовать себя организованным
be in a rush — быть в спешке
look around — оглядываться вокруг
feel focused — чувствовать сосредоточенность
without delay — без промедления
feel overwhelmed — чувствовать перегруженность
find a solution — найти решение
make a difference — иметь значение, влиять

You can use patterns like these in your own speech:

I usually start my day by... — Я обычно начинаю свой день с...
I decided to change... — Я решил (а) изменить...
At first, it was difficult to... — Сначала было трудно...
It helped me to... — Это помогло мне...
I noticed that... — Я заметил (а), что...
Instead of..., I... — Вместо..., я...
Now I try to... — Теперь я стараюсь...
Sometimes I still... — Иногда я все еще...

Now think about your own experience:

What is your morning routine like now?
Do you usually wake up early or late? Why?
Do you use your phone in the morning? How does it affect you?
What helps you feel calm in the morning?
Have you ever tried to change your routine?
Do you have breakfast every day? Why or why not?
What is one small change you would like to make?

Here are some possible answers:

My morning routine is quite simple. I usually wake up early and try not to be in a rush. It helps me feel more organized and calm.

I usually wake up late because I go to bed late. As a result, I often feel tired and don't have extra time in the morning.

Yes, I often check my phone right after I wake up. It makes me feel distracted, so now I try to slow down and avoid it.

A quiet breakfast helps me feel peaceful. For example, I take a deep breath and enjoy the moment without stress.

Yes, I once decided to change my routine. It was difficult at first, but it really made a difference in my daily life.

I don't always have breakfast because I am in a hurry. However, I know it helps me feel more focused during the day.

I would like to wake up earlier. It could help me follow a better routine and feel less overwhelmed.

Complete the sentences:

I often feel tired because I _____.

In the morning, I try to slow down and _____.

Instead of checking my phone, I _____.

It helps me feel more organized when I _____.

One small change that can make a difference is _____.

Running Late and Everything Goes Wrong

On Tuesday morning, everything started badly. My alarm didn't go off, and when I finally opened my eyes, it was already 8:15. I had a meeting at 9:00, and I needed at least 40 minutes to get to work. I jumped out of bed, already feeling stressed.

I rushed to the bathroom, quickly got dressed, and looked for my keys. They weren't on the table where I usually leave them. I checked my bag, my jacket, and even the kitchen, but they were nowhere to be found. After a few minutes of panic, I finally saw them — under a book on the shelf. I must have left them there the night before.

There was no time for breakfast. I grabbed my bag and rushed out of the house. As soon as I stepped outside, I realized I forgot my headphones. I thought about going back, but I was already late, so I kept going.

At the bus stop, there were too many people. When the bus arrived, it was full, and I couldn't get on. I had to wait for the next one. I checked the time again and felt even more nervous.

When I finally got on the bus, traffic was terrible. We stopped at every light, and it felt like we were moving slower than usual. I kept thinking about the meeting and imagined everyone waiting for me.

Then, something even worse happened. My phone battery was almost dead, and I didn't have my charger. I couldn't even send a message to say I was late.

When I arrived at the office, it was already 9:20. I walked in quietly, hoping no one would notice, but my manager looked up immediately.

«Good morning,» he said. «We started the meeting without you.»

I apologized and quickly took my seat. I felt embarrassed and tried to focus, but it was hard. My mind was still full of everything that had gone wrong.

Later that day, during a break, I finally had time to think. The whole morning felt like a chain of small problems, but maybe I could have avoided some of them. If I had prepared my things the night before, or checked my alarm, things might have been different.

Now I try to be more careful. I prepare my bag in the evening, charge my phone, and set two alarms instead of one. It doesn't make every day perfect, but at least mornings like that don't happen so often anymore.

Here are some useful expressions you might have noticed:

run late — опаздывать

alarm didn't go off — будильник не сработал

jump out of bed — вскочить с кровати

feel stressed — чувствовать стресс

look for something — искать что-то

nowhere to be found — нигде не найти
after a few minutes — через несколько минут
rush out of the house — выбежать из дома
there was no time for — не было времени на
be full — быть переполненным
get on the bus — сесть в автобус
traffic was terrible — было сильное движение
almost dead battery — почти разряженная батарея
send a message — отправить сообщение
arrive at the office — прибыть в офис
apologize — извиняться
take a seat — занять место
feel embarrassed — чувствовать смущение
a chain of problems — цепочка проблем
avoid mistakes — избегать ошибок

You can use patterns like these in your own speech:

I woke up late because... — Я проснулся (лась) поздно, потому что...
I couldn't find... — Я не мог (ла) найти...
There was no time to... — Не было времени, чтобы...
I decided not to... — Я решил (а) не...
When I arrived..., I... — Когда я пришёл (ла) ..., я...
I felt... because... — Я чувствовал (а) ... потому что...
If I had..., I would have... — Если бы я..., я бы...
Now I try to... — Теперь я стараюсь...

Now think about your own experience:

Have you ever run late for something important?
What usually makes you late?
How do you feel when everything goes wrong in the morning?
What do you usually do when you can't find something?
Do you prepare your things the night before?
How do you deal with stress in such situations?
What would you change in your routine to avoid being late?

Here are some possible answers:

Yes, I once ran late for an important meeting. My alarm didn't go off, and I had no time for breakfast, so I felt very stressed.

I am usually late because I wake up too late or can't find my things. It becomes a chain of problems very quickly.

I feel overwhelmed and nervous. For example, when traffic is terrible, I worry that I will arrive late.

When I can't find something, I try to stay calm. After a few minutes, I usually find it, even if it was nowhere to be found at first.

Sometimes I prepare my bag in the evening. It helps me avoid mistakes and saves time in the morning.

I take a deep breath and try to slow down. It helps me feel less stressed and think more clearly.
I would like to set two alarms and prepare everything in advance. It could make a big difference.

Complete the sentences:

I ran late because my alarm _____.
In the morning, I couldn't find _____.
There was no time for _____.
When I arrived, I felt _____ because _____.
Now I try to avoid mistakes by _____.
My Favorite Place to Relax

After a long and busy week, I always look forward to one simple thing — having some quiet time for myself. For me, the best place to relax is a small park not far from my home. It's not famous or crowded, but that's exactly why I like it.

The park is only a ten-minute walk away. I usually go there in the late afternoon or early evening, when the light is softer and the air feels fresh. As I walk through the gate, I can already feel the difference. The noise of the city slowly disappears, and everything becomes calmer.

There are a few wooden benches under tall trees, and I always try to sit in the same spot. From there, I can see a small path where people walk their dogs or go for a slow walk. Sometimes I bring a book with me, but I don't always read. Often, I just sit and watch what's happening around me.

One thing I really enjoy is listening to the sounds in the park. Birds, leaves moving in the wind, and distant voices create a peaceful atmosphere. It helps me slow down and forget about my problems for a while.

On some days, I meet a friend there. We sit together, talk about our week, and share small stories. It's different from meeting in a café because there is no pressure to order something or to leave quickly. We can take our time and enjoy the moment.

Sometimes, I go there alone after a difficult day. I sit quietly, take a deep breath, and think about what happened. It helps me understand my feelings better and feel more balanced.

In autumn, the park becomes even more beautiful. The leaves change color, and everything looks warm and soft. In winter, it's quieter, and there are fewer people. Each season gives the place a different feeling, but it always stays calm and welcoming.

I think everyone needs a place like this — somewhere simple, where you can relax and be yourself. For me, this small park is not just a place. It's a part of my daily life that helps me feel better, even on the most stressful days.

Here are some useful expressions you might have noticed:

look forward to — с нетерпением ждать
quiet time — спокойное время
not far from — недалеко от
walk away — в шаговой доступности

feel the difference — чувствовать разницу
noise of the city — шум города
become calmer — становиться спокойнее
take a slow walk — гулять медленно
watch what's happening — наблюдать за происходящим
peaceful atmosphere — спокойная атмосфера
slow down — замедлиться
forget about problems — забыть о проблемах
take your time — не спешить
enjoy the moment — наслаждаться моментом
after a difficult day — после трудного дня
take a deep breath — сделать глубокий вдох
feel more balanced — чувствовать себя более уравновешенно
change color — менять цвет
feel welcoming — казаться уютным, приветливым
be yourself — быть собой

You can use patterns like these in your own speech:

My favorite place to relax is... — Моё любимое место для отдыха — это...
I usually go there when... — Я обычно хожу туда, когда...
It helps me to... — Это помогает мне...
Sometimes I like to... — Иногда мне нравится...
One thing I really enjoy is... — Мне особенно нравится...
I feel better when... — Я чувствую себя лучше, когда...
It's different from... because... — Это отличается от... потому что...
For me, it is not just... — Для меня это не просто...

Now think about your own experience:

What is your favorite place to relax?
How often do you go there?
Do you prefer to relax alone or with someone? Why?
What helps you feel calm after a busy day?
Do you like spending time outdoors? Why or why not?
How does your mood change when you are in a quiet place?
Would you like to find a new place to relax?

Here are some possible answers:

My favorite place to relax is a small café near my home. It has a peaceful atmosphere, and I can take my time there without stress.

I try to go there twice a week. After a difficult day, it helps me slow down and forget about problems.

I prefer to relax alone because I need quiet time. It helps me feel more balanced and calm.

Listening to music helps me feel better. For example, I take a deep breath and enjoy the moment.

Yes, I like spending time outdoors because the fresh air makes a difference. It helps me feel more relaxed.

I feel calmer and less stressed. The noise of the city disappears, and I can be myself.

Yes, I would like to find a new park. It could become a place where I can enjoy the moment and relax.

Complete the sentences:

My favorite place to relax is _____.

I usually go there when _____.

It helps me slow down and _____.

One thing I really enjoy is _____.

After a difficult day, I _____.

A Day Without My Phone

Last weekend, I decided to try something unusual — I spent a whole day without my phone. It wasn't part of any big plan. I just noticed that I was using it too much. I checked messages all the time, scrolled through social media, and felt distracted even when I wanted to relax.

So on Saturday morning, I turned it off and left it in a drawer. At first, it felt strange. I kept thinking about it. Did someone text me? Did I miss something important? My hand even moved to my pocket a few times, out of habit.

I started my day slowly. I made breakfast and sat at the table without any noise from notifications. It was quiet, maybe too quiet at the beginning. I didn't know what to do while eating, so I just looked out of the window and watched people walking by.

After breakfast, I decided to go for a walk. Usually, I listen to music or check my phone while walking, but this time I didn't have that option. I noticed small things around me — the sound of the wind, the colors of the buildings, people talking. It felt different, but in a good way.

Later, I met a friend in a café. I told her about my «phone-free day,» and she laughed at first. But then she said it was actually a good idea. Our conversation felt more natural. We didn't check our phones every few minutes, and we really listened to each other.

In the afternoon, I had more free time than usual. Without my phone, I couldn't waste time online, so I decided to do something else. I read a few pages of a book, cleaned my room, and even wrote a short plan for the next week.

Of course, there were some difficulties. At one point, I wanted to check the time and realized I didn't have a watch. I also felt a bit disconnected, like I was missing something. But that feeling didn't last long.

By the evening, I felt calmer and more focused. My mind was not full of information, and I didn't feel tired from looking at a screen all day. It was a simple day, but it felt full.

When I turned my phone back on, I had a few messages, but nothing urgent. It made me think — maybe I don't need to check it as often as I do.

I'm not ready to give up my phone completely, but now I try to use it more carefully. Sometimes, I even think about having another «phone-free day» soon.

Here are some useful expressions you might have noticed:

spend a day without — провести день без
use too much — использовать слишком много
check messages — проверять сообщения
scroll through — листать
feel distracted — чувствовать себя отвлечённым
turn off — выключить
out of habit — по привычке
at first — сначала

feel strange — чувствовать себя странно
go for a walk — пойти на прогулку
notice small things — замечать мелочи
in a good way — в хорошем смысле
have a conversation — вести разговор
listen to each other — слушать друг друга
waste time — тратить время впустую
free time — свободное время
feel disconnected — чувствовать оторванность
not last long — длиться недолго
feel focused — чувствовать сосредоточенность
give up — отказаться от

You can use patterns like these in your own speech:

I decided to try... — Я решил (а) попробовать...
At first, it felt... — Сначала это было...
I kept thinking about... — Я постоянно думал (а) о...
Instead of..., I... — Вместо..., я...
It felt different because... — Это было по-другому, потому что...
Later, I... — Позже я...
I realized that... — Я понял (а), что...
Now I try to... — Теперь я стараюсь...

Now think about your own experience:

How often do you use your phone during the day?
What do you usually do on your phone?
Do you think you use your phone too much? Why?
Have you ever tried to spend time without your phone?
How do you feel when you don't check your phone for a long time?
What could you do instead of using your phone?
Would you like to have a «phone-free day»?

Here are some possible answers:

I use my phone all the time. I often check messages and scroll through social media, especially when I feel bored.

I usually watch videos and chat with friends. Sometimes I waste time without noticing it.

Yes, I think I use it too much. I feel distracted and can't focus on important things.

I once tried to spend a few hours without my phone. At first, it felt strange, but then I started to relax.

I feel a bit disconnected at the beginning, but it doesn't last long. After that, I feel more focused.

I could read a book or go for a walk. It would help me notice small things and relax.

Yes, I would like to try it. It could help me use my time better and feel less stressed.

Complete the sentences:

I often check my phone out of _____.

At first, it felt strange to _____.

Instead of using my phone, I _____.

Without my phone, I noticed _____.

Now I try to use my phone _____.

Cooking Dinner for Friends

Last Friday, I invited a few friends over for dinner. It had been a long time since we all met at my place, and I wanted to do something special. Instead of ordering food, I decided to cook everything myself.

During the week, I thought about the menu. I didn't want anything too difficult, but I also wanted the food to be tasty and interesting. In the end, I chose a simple plan: pasta with chicken and vegetables, a fresh salad, and a homemade dessert.

On Friday afternoon, I went grocery shopping after work. I made a list before I left, so I didn't forget anything. Still, I spent more time in the store than I expected, trying to choose the best ingredients.

When I got home, I didn't have much time, so I started cooking right away. At first, everything went smoothly. I cut the vegetables, prepared the chicken, and put some music on in the background. It actually felt relaxing.

Then, small problems started to appear. I realized I didn't have enough olive oil, and I almost burned the chicken because I was checking a message on my phone. For a moment, I felt stressed and thought about ordering food instead. But I decided to continue.

I took a deep breath, slowed down, and focused on one thing at a time. I adjusted the recipe a little and kept going. Step by step, everything came together.

My friends arrived just as I finished cooking. The table was ready, and the food smelled great. I was still a bit nervous, but also excited.

We sat down, started talking, and soon the atmosphere became warm and comfortable. Everyone tried the food and said they liked it. That made me feel proud and relieved.

During dinner, we shared stories, laughed a lot, and forgot about time. It wasn't just about the food — it was about being together.

Later that evening, when everyone left, I looked at the empty plates and the messy kitchen. I was tired, but happy. Cooking for my friends wasn't perfect, but it was real, and it brought us closer.

Now I think I will do it again soon, maybe with a different menu next time.

Here are some useful expressions you might have noticed:

invite friends over — пригласить друзей к себе

cook dinner — готовить ужин

instead of — вместо

think about the menu — продумывать меню

in the end — в конце концов

go grocery shopping — ходить за продуктами

make a list — составить список

right away — сразу

go smoothly — идти гладко

put music on — включить музыку

in the background — на фоне

small problems — небольшие проблемы

feel stressed — чувствовать стресс
take a deep breath — сделать глубокий вдох
slow down — замедлиться
one thing at a time — по одному делу
come together — складываться вместе
set the table — накрыть на стол
feel proud — чувствовать гордость
a warm atmosphere — тёплая атмосфера

You can use patterns like these in your own speech:

I decided to cook... — Я решил (а) приготовить...
I didn't want to..., so I... — Я не хотел (а) ... поэтому я...
At first, everything... — Сначала всё...
Then I realized that... — Потом я понял (а), что...
For a moment, I felt... — На мгновение я почувствовал (а)...
I decided to continue and... — Я решил (а) продолжить и...
In the end, everything... — В итоге всё...
It wasn't perfect, but... — Это было не идеально, но...

Now think about your own experience:

Do you like cooking for other people? Why or why not?
What is your favorite dish to cook?
Have you ever cooked for friends or family?
Do you prefer cooking or ordering food? Why?
What problems can happen while cooking?
How do you feel when people like your food?
Would you like to try cooking something new?

Here are some possible answers:

Yes, I like cooking for friends because it creates a warm atmosphere. It also helps me feel proud when they enjoy the food.

My favorite dish to cook is pasta. It usually goes smoothly, and I can change the recipe easily.

Yes, I once invited friends over and cooked dinner. There were small problems, but in the end everything came together.

I prefer cooking because it feels more personal. Instead of ordering food, I can choose the ingredients myself.

Sometimes I forget something or burn the food. In such moments, I feel stressed but try to slow down.

I feel happy and proud. It makes all the effort worth it.

Yes, I would like to try a new dessert. It could be a good way to improve my cooking skills.

Complete the sentences:

I invited my friends over and decided to _____.

Before cooking, I usually _____.

At first, everything went smoothly, but then _____.

For a moment, I felt stressed because _____.

In the end, everything came together and _____.

Cleaning the House Before Guests Arrive

Last weekend, I invited a few guests to my home. I was really looking forward to seeing them, but there was one problem — my apartment was not ready at all. I had been busy all week, and I didn't have time to clean. So on Saturday morning, I woke up and realized I had only a few hours to get everything done.

At first, I didn't know where to start. I looked around and saw dishes in the sink, clothes on the chair, and dust on the shelves. It felt a bit overwhelming. For a moment, I thought about doing only the most important things, but then I decided to make a quick plan.

I started in the kitchen. I washed the dishes, cleaned the table, and put everything back in its place. It didn't take as long as I expected, and that gave me some motivation. Then I moved to the living room. I picked up things from the floor, arranged the pillows, and opened the window to let in some fresh air.

While I was cleaning, I put some music on. It helped me stay focused and made the process more enjoyable. Instead of feeling stressed, I started to feel more in control.

Next, I cleaned the bathroom. I made sure everything looked neat and tidy. I also checked small details, like clean towels and enough soap. These little things can make a big difference when guests arrive.

Time was going fast, but I tried not to rush too much. I worked step by step and didn't try to do everything at once. After a while, I noticed that the apartment already looked much better.

In the last hour, I focused on the final touches. I vacuumed the floor, took out the trash, and lit a candle to create a nice atmosphere. When I finished, I took a deep breath and looked around. It wasn't perfect, but it felt clean and comfortable.

When my guests arrived, I felt relaxed and ready to enjoy the evening. They didn't notice any problems — they just smiled and said my place looked great.

Now I understand that cleaning doesn't have to be stressful. If I start on time and do a little every day, it's much easier. But even when I'm short on time, a simple plan and a calm approach can really help.

Here are some useful expressions you might have noticed:

look forward to — с нетерпением ждать

not ready at all — совсем не готово

have time to — иметь время, чтобы

get everything done — всё успеть

at first — сначала

feel overwhelming — казаться слишком сложным

make a plan — составить план

start in the kitchen — начать с кухни

put back in its place — положить на место

move to another room — перейти в другую комнату
pick up things — поднимать вещи
let in fresh air — впускать свежий воздух
stay focused — оставаться сосредоточенным
in control — под контролем
make sure — убедиться
neat and tidy — аккуратный и чистый
make a difference — иметь значение
step by step — шаг за шагом
final touches — последние штрихи
create an atmosphere — создавать атмосферу

You can use patterns like these in your own speech:

I didn't have time to..., so I... — У меня не было времени..., поэтому я...
At first, I felt... — Сначала я чувствовал (а)...
I decided to start with... — Я решил (а) начать с...
While I was..., I... — Пока я..., я...
It helped me to... — Это помогло мне...
After a while, I noticed that... — Через некоторое время я заметил (а), что...
In the end, I felt... — В конце я почувствовал (а)...
Now I understand that... — Теперь я понимаю, что...

Now think about your own experience:

Do you clean your home before guests arrive?
What do you usually clean first?
Do you enjoy cleaning or not? Why?
What helps you stay focused while cleaning?
Do you make a plan before you start?
How do you feel when everything is clean?
What small details are important for you?

Here are some possible answers:

Yes, I always clean before guests arrive. I want my home to look neat and tidy, so I try to get everything done on time.

I usually start in the kitchen because it can look messy very quickly. After that, I move to the living room.

I don't always enjoy cleaning, but music helps me stay focused. It makes the process more enjoyable.

Listening to music helps me a lot. It keeps me in control and less stressed.

Sometimes I make a simple plan. It helps me work step by step and not feel overwhelmed.

I feel relaxed and proud. A clean space makes a big difference in my mood.

Clean towels and a fresh smell are important. These final touches create a good atmosphere.

Complete the sentences:

Before guests arrive, I try to _____.

At first, I felt overwhelmed because _____.

I decided to start with _____.

While I was cleaning, I _____.

In the end, my home looked _____.

A Quiet Evening at Home

After a long and busy day, I sometimes don't want to go anywhere or meet anyone. I just want to stay at home and enjoy a quiet evening. For me, these evenings are simple, but they help me relax and feel better.

Last Thursday was one of those days. I finished work later than usual and felt tired. On my way home, I thought about what I wanted to do. Some of my friends invited me out, but I decided to stay in. I knew I needed some time for myself.

When I got home, the first thing I did was change into comfortable clothes. It may seem like a small thing, but it helps me switch from «work mode» to «home mode.» Then I made a cup of tea and turned on some soft music in the background.

I didn't want to do anything difficult or stressful. Instead, I chose something easy and relaxing. I warmed up some food, sat on the sofa, and just took my time. There was no rush, no pressure, and no need to check the time.

After dinner, I decided to watch a movie. I didn't look for anything special — just something light and enjoyable. While watching, I felt myself slowly relax. My thoughts became quieter, and I stopped thinking about work.

Later, I turned off the TV and picked up a book. I only read a few pages, but it was enough. The silence in the room felt calm and comfortable, not empty.

At one point, I looked around and noticed how peaceful everything was. The lights were soft, the room was warm, and there were no distractions. Moments like this don't happen every day, and I really appreciate them.

Before going to bed, I made a short plan for the next day. It helped me feel more organized and ready for what was coming. Then I turned off the lights and went to sleep.

It wasn't an exciting evening, but it was exactly what I needed. Sometimes, staying at home and doing simple things is the best way to take care of yourself.

Here are some useful expressions you might have noticed:

stay at home — оставаться дома
quiet evening — спокойный вечер
after a long day — после долгого дня
feel tired — чувствовать усталость
on my way home — по дороге домой
decide to stay in — решить остаться дома
time for myself — время для себя
comfortable clothes — удобная одежда
switch modes — переключаться
in the background — на фоне
take your time — не спешить

no rush — без спешки

no pressure — без давления

Конец ознакомительного фрагмента.

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