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ТОМ СТОРИЗ

Читаем и говорим по-английски

ТЕКСТЫ И УПРАЖНЕНИЯ ДЛЯ
УСТОЙЧИВЫХ НАВЫКОВ



Том Сториз
Читаем и говорим по-
английски. Тексты
и упражнения для
устойчивых навыков

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Аннотация

Данное пособие предназначено для изучающих английский язык на уровне В1 и направлено на развитие навыков чтения, понимания и устной речи. В книге представлены тексты, основанные на повседневных ситуациях, а также упражнения для закрепления лексики и речевых моделей. Материал способствует формированию уверенного использования английского языка в реальном общении.

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Том Сториз

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Введение

Данное издание предназначено для изучающих английский язык на уровне B1 и ориентировано на развитие навыков чтения, понимания и устной речи в контексте повседневного общения. В книге представлены тексты, отражающие типичные жизненные ситуации, с которыми обучающиеся могут столкнуться в реальной среде использования языка.

Каждая глава построена по единой структуре. В начале предлагается связный текст, написанный в естественном и разговорном стиле. Тексты включают распространённые лексические единицы, устойчивые выражения и модели предложений, характерные для современного английского языка. Особое внимание уделяется доступности материала и постепенному усложнению восприятия.

После текста следуют разделы, направленные на закрепление материала. Лексический блок содержит ключевые слова и выражения с переводом на русский язык. Далее представлены речевые модели, которые могут быть использованы обучающимися в собственной практике. Вопросы способствуют развитию навыков рефлексии и стимулируют использование новой лексики в личном контексте. Завершаю-

ций раздел с упражнениями направлен на активизацию изученного материала.

Основной задачей данного пособия является формирование устойчивых навыков использования английского языка в повседневной коммуникации. Материал организован таким образом, чтобы обучающиеся могли не только понимать содержание, но и применять изученные конструкции в собственной речи.

Автор исходит из того, что эффективное изучение языка требует регулярной практики, систематического повторения и постепенного расширения словарного запаса. Настоящее издание может быть использовано как для самостоятельной работы, так и в рамках учебного процесса под руководством преподавателя.

A New Beginning

When Anna stood in front of the glass doors of the office building, she took a deep breath and looked at her reflection. Everything felt new. New city, new job, new people. Even the weather felt different. It was her first morning in a place where nobody knew her name.

She had moved to the city just two weeks before. At first, everything was exciting. She walked around, explored small streets, tried new cafés, and took pictures of everything she saw. But after a few days, the excitement slowly changed into something else. She started to feel a little lonely.

Now she was about to begin her first day at work, and her heart was beating faster than usual. «It's just a normal day,» she said quietly to herself. But it didn't feel normal at all.

Inside the building, everything looked modern and clean. People walked quickly, holding coffee cups and talking on their phones. Anna went to the reception desk and smiled.

«Good morning. I'm Anna. It's my first day,» she said.

The receptionist smiled back. «Welcome! Please take a seat. Someone will come for you.»

Anna sat down and checked the time, although she had only been there for two minutes. She looked around, trying not to feel nervous. After a short wait, a tall woman with dark hair walked toward her.

«Hi, you must be Anna. I'm Laura, your manager,» she said in a friendly voice.

Anna stood up quickly. «Yes, nice to meet you.»

Laura showed her around the office. There was a big open space with desks, a small kitchen area, and a quiet room for meetings. People smiled when they saw her, and some of them said hello.

«This is your desk,» Laura said. «You can put your things here. We'll start with a short meeting in ten minutes.»

Anna sat down and turned on her computer. She felt a bit more relaxed now. The office didn't feel as scary as she had imagined.

During the meeting, Anna listened carefully and tried to remember names, but it wasn't easy. There were so many new faces and so much new information. Still, everyone seemed patient and ready to help.

Later, during lunch, Anna didn't know where to go. She stood near the kitchen, holding her bag, and looked around. Then she

heard a voice.

«Hey, do you want to join us?»

It was a girl from her team. Anna smiled with relief. «Yes, thank you.»

They went to a small café near the office. The conversation was simple, but warm. They talked about work, the city, and their favorite places to eat. Anna started to feel more comfortable. She even laughed a few times.

By the end of the day, Anna was tired but happy. She didn't remember everything, and she still had a lot to learn, but it felt like a good start.

As she left the building, the city didn't feel so strange anymore. It was still new, still a little confusing, but also full of small possibilities she hadn't noticed before. She walked slowly down the street, thinking about the day, and for the first time since she arrived, she felt like she might belong here.

Here are some useful expressions you might have noticed:

take a deep breath — глубоко вдохнуть

feel new — чувствовать новым

move to a new city — переехать в новый город

at first — сначала

slowly change — постепенно меняться
feel lonely — чувствовать себя одиноко
first day at work — первый день на работе
heart is beating faster — сердце бьётся быстрее
take a seat — присесть
after a short wait — после короткого ожидания
show around — провести экскурсию
feel more relaxed — чувствовать себя спокойнее
not as scary as imagined — не так страшно, как казалось
listen carefully — внимательно слушать
remember names — запоминать имена
a lot of information — много информации
during lunch — во время обеда
join someone — присоединиться к кому-то
feel comfortable — чувствовать себя комфортно
by the end of the day — к концу дня
a good start — хорошее начало
feel like you belong — чувствовать, что ты на своём месте

You can use patterns like these in your own speech:

At first, everything felt new, but then I started to relax. —
Сначала всё казалось новым, но потом я начал расслаблять-
ся.

I was nervous because it was my first day. — Я нервничал,
потому что это был мой первый день.

Although I felt lonely, I tried to stay positive. — Хотя мне было одиноко, я пытался оставаться позитивным.

After a short time, I felt more comfortable. — Через короткое время я почувствовал себя комфортнее.

I didn't know anyone, so I was a bit worried. — Я никого не знал, поэтому немного переживал.

It wasn't as difficult as I expected. — Это было не так сложно, как я ожидал.

By the end of the day, I felt better. — К концу дня мне стало лучше.

Now think about your own experience:

Have you ever started something new in your life? What was it?

How do you usually feel on your first day in a new place?

What helps you feel more comfortable in a new environment?

Do you find it easy to meet new people? Why or why not?

Have you ever felt lonely in a new city or place?

What do you usually do during your first day at work or school?

Here are some possible answers:

I once started a new job in a different city. At first, everything felt new and I felt a bit lonely, but I tried to stay positive. By the

end of the day, it was a good start.

I usually feel nervous because I don't know anyone. But after a short time, I start to feel more relaxed and comfortable.

Talking to people helps me feel more comfortable. For example, if I join someone for lunch, I can relax and enjoy the conversation.

It's not always easy for me to meet new people because I feel shy. However, I try to listen carefully and start small conversations.

Yes, I felt lonely when I moved to a new city. At first, it was difficult, but then I found new friends and places I liked.

On my first day, I usually try to remember names and understand how everything works. It helps me feel more confident.

Complete the sentences:

At first, everything felt new, but _____

I felt nervous because _____

After a short time, _____

I didn't know anyone, so _____

By the end of the day, _____

The Bus That Didn't Come

Tom checked his watch for the third time. The bus should have arrived ten minutes ago. He looked down the street, but there was nothing — just a few cars and a man walking his dog. The bus stop was quiet, and the morning felt unusually slow.

It was an important day. Tom had a job interview at a small company in the city center. He had prepared for it all week, read about the company, and even practiced his answers in front of the mirror. He didn't want to be late.

At first, he tried to stay calm. «It's probably just a little late,» he thought. But as the minutes passed, he started to feel nervous. He checked the bus schedule again, although he already knew it by heart.

A woman standing next to him shook her head. «This bus is always late,» she said. «Sometimes it doesn't come at all.»

Tom looked at her, surprised. «Really?»

She nodded. «Happens more often than you think.»

That didn't help. Tom took out his phone and checked the

time again. If he waited any longer, he would definitely be late. He thought about calling a taxi, but there were no cars available nearby.

«Great,» he said quietly. «Just my luck.»

After a moment, he made a decision. He couldn't just stand there and wait. He opened a map on his phone and looked for another way. There was a metro station about a fifteen-minute walk away.

«Okay,» he said to himself. «I can do this.»

He started walking quickly. At first, everything felt fine, but after a few minutes, he realized he didn't know the area very well. The streets looked similar, and he wasn't sure if he was going the right way.

He stopped and looked at the map again. «Turn left,» he read. But there were two streets on the left.

He hesitated for a second, then chose one and kept going. His heart was beating faster now, not only because he was walking quickly, but also because he was worried.

After a few more minutes, he saw a small café on the corner.

Without thinking too much, he went inside.

«Excuse me,» he said to the barista. «Can you help me? I'm looking for the metro station.»

The barista smiled. «Of course. It's not far. You just need to go straight, then turn right at the traffic lights.»

Tom felt a wave of relief. «Thank you so much.»

He left the café and followed the directions carefully. This time, he found the right street. Soon, he saw the sign for the metro station.

When he finally got on the train, he checked the time again. He was going to be a few minutes late, but at least he was on his way.

At the office, Tom walked in quickly and went to the reception desk. «Hi, I have an interview. I'm sorry I'm late. The bus didn't come.»

The receptionist smiled. «Don't worry. It happens. Please take a seat.»

Tom sat down and took a deep breath. He still felt a bit

stressed, but also proud. Things didn't go as planned, but he didn't give up.

A few minutes later, his name was called. He stood up, fixed his jacket, and walked toward the interview room, thinking that sometimes a bad start can still lead to something good.

Here are some useful expressions you might have noticed:

check your watch — проверять часы

should have arrived — должен был приехать

look down the street — смотреть вдоль улицы

feel unusually slow — казаться необычно медленным

job interview — собеседование

prepare for something — готовиться к чему-то

in front of the mirror — перед зеркалом

stay calm — сохранять спокойствие

as the minutes passed — по мере того как проходили минуты

know something by heart — знать наизусть

not at all — совсем нет

take out your phone — достать телефон

just my luck — как всегда мне «везёт»

make a decision — принять решение

look for another way — искать другой способ

feel worried — чувствовать беспокойство

hesitate for a second — колебаться на секунду
without thinking too much — не задумываясь
a wave of relief — волна облегчения
on my way — в пути
be proud — гордиться
not give up — не сдаваться

You can use patterns like these in your own speech:

The bus should have arrived, but it didn't. — Автобус должен был приехать, но не приехал.

At first, I tried to stay calm, but then I got nervous. — Сначала я пытался сохранять спокойствие, но потом занервничал.

I didn't have time, so I had to find another way. — У меня не было времени, поэтому пришлось найти другой способ.

Although I was worried, I kept going. — Хотя я переживал, я продолжал идти.

I wasn't sure if I was going the right way. — Я не был уверен, что иду в правильном направлении.

It didn't go as planned, but I didn't give up. — Всё пошло не по плану, но я не сдался.

In the end, everything was okay. — В итоге всё было нормально.

Now think about your own experience:

Have you ever been late because of transport problems? What happened?

What do you usually do when something doesn't go as planned?

Do you often check the time when you are waiting for something?

How do you feel when you are late for something important?

Have you ever asked a stranger for help?

What is the best way to deal with stress in a difficult situation?

Here are some possible answers:

Yes, I was late once because my bus didn't come. At first, I tried to stay calm, but then I felt worried and had to find another way. In the end, I arrived a bit late, but it was okay.

When something doesn't go as planned, I try not to panic. I take out my phone, look for another way, and make a decision quickly.

Yes, I often check the time when I am waiting. As the minutes pass, I start to feel nervous, especially if it's important.

I feel stressed when I am late because I don't want to make a bad impression. But I try to stay calm and explain the situation.

Yes, I have asked strangers for help before. For example, when I didn't know the way, someone showed me the right direction.

I think the best way to deal with stress is to stay calm and not give up. Even if things go wrong, you can still find a solution.

Complete the sentences:

The bus should have arrived, but _____

At first, I tried to stay calm, but _____

I didn't have time, so _____

I wasn't sure if _____

It didn't go as planned, but _____

A New Place, New Life

When Alex stepped out of the train station, he stopped for a moment and looked around. Everything felt different. The buildings were taller, the streets were busier, and the sounds of the city were louder than he expected. This was his new home.

He had moved from a small town where everyone knew each other. Life there was quiet and predictable. Every morning looked the same, and every weekend followed a familiar routine. At first, Alex thought he would miss that life a lot. And in some ways, he did.

But he also wanted a change. He wanted to try something new, meet different people, and have more opportunities. So when he got a job offer in the city, he didn't think too long. He packed his bags, said goodbye to his family, and started a new chapter.

The first few days were exciting. Alex walked everywhere, trying to learn the streets. He visited parks, small shops, and cafés. He even got lost once, but he didn't mind. It felt like an adventure.

However, after a week, things started to feel more difficult. The city was still interesting, but it was also tiring. There were too

many people, too much noise, and too many things to understand. Sometimes, Alex just wanted a quiet place to sit and relax.

At work, everything was new as well. His colleagues were friendly, but they were always busy. They spoke quickly, used new expressions, and moved from one task to another without stopping. Alex tried to keep up, but it wasn't easy.

One afternoon, during his lunch break, Alex sat alone in a small park near the office. He looked at his phone, then put it away. He didn't feel like scrolling through social media. He just sat there, watching people walk by.

«Mind if I sit here?» someone asked.

Alex looked up and saw a man with a sandwich in his hand.

«Sure,» Alex said.

They started talking. The man's name was Daniel, and he worked in a nearby building. He had moved to the city a year ago.

«I remember my first weeks here,» Daniel said. «It wasn't easy.»

Alex smiled. «Really? It looks like you're doing fine now.»

Daniel laughed. «It just takes time. You get used to the noise, the speed, everything. And little by little, it starts to feel like home.»

They talked for a while longer. Daniel told him about a few quiet places in the city, a library, a park, and a small café where people often went to relax.

After that day, things didn't change immediately, but they felt different. Alex started to notice small things. A friendly smile from a colleague. A quiet street near his apartment. A coffee shop where the barista remembered his order.

He still missed his old life sometimes. He missed the silence and the familiar faces. But now, the city didn't feel so overwhelming.

One evening, as he walked home, he realized he knew exactly where he was going. He didn't need to check the map. He passed by the same café, the same street, the same corner shop.

It wasn't perfect, and it wasn't easy, but it was starting to feel like his place.

Here are some useful expressions you might have noticed:

step out of — выходить из
look around — осматриваться
feel different — чувствовать иначе
move from a small town — переехать из маленького города
everyone knows each other — все друг друга знают
quiet and predictable — тихий и предсказуемый
want a change — хотеть перемен
try something new — попробовать что-то новое
pack your bags — собрать вещи
start a new chapter — начать новую главу
get lost — потеряться
feel like an adventure — чувствовать как приключение
too much noise — слишком много шума
keep up — успевать, не отставать
take a break — сделать перерыв
feel overwhelming — казаться перегруженным
get used to — привыкнуть к
little by little — постепенно
feel like home — чувствовать как дом
notice small things — замечать мелочи
miss something — скучать по чему-то
not perfect, not easy — не идеально, не легко

You can use patterns like these in your own speech:

Everything felt different because I was in a new place. — Всё казалось другим, потому что я был в новом месте.

At first, I was excited, but then it became difficult. — Сначала я был взволнован, но потом стало сложно.

I wanted a change, so I decided to move. — Я хотел перемен, поэтому решил переехать.

Although it wasn't easy, I kept going. — Хотя было непросто, я продолжал.

It takes time to get used to something new. — Требуется время, чтобы привыкнуть к чему-то новому.

Little by little, things started to feel better. — Постепенно всё стало лучше.

It didn't feel like home at first, but now it does. — Сначала это не казалось домом, но теперь кажется.

Now think about your own experience:

Have you ever moved to a new place? How did you feel?

Do you prefer living in a big city or a small town? Why?

What helps you get used to a new environment?

Do you find it easy to meet new people in a new place?

What do you miss when you leave your home?

How long does it take you to feel comfortable in a new place?

Here are some possible answers:

Yes, I moved to a new place once. At first, everything felt different and I felt a bit overwhelmed, but little by little I got used to it.

I prefer living in a big city because there are more opportunities. Although it is noisy, I like to try something new and meet different people.

Talking to people and exploring the area helps me get used to a new place. For example, I like to walk around and notice small things.

It is not always easy for me to meet new people, but I try to be open. Sometimes a simple conversation can help a lot.

I usually miss my family and the quiet life. I also miss the places where everyone knows each other.

It takes me a few weeks to feel comfortable. At first, it feels strange, but then it starts to feel like home.

Complete the sentences:

Everything felt different because _____

At first, I was excited, but _____

I wanted a change, so _____

It takes time to _____

Little by little, _____

New Faces Everywhere

Lena stood near the entrance of the university building and looked around. There were people everywhere. Some were talking in small groups, some were checking their phones, and others were walking quickly from one place to another. She didn't recognize a single face.

It was her first day at university, and everything felt bigger than she expected. The building was huge, the corridors were long, and the noise never seemed to stop. Lena held her bag tightly and tried to remember where she needed to go.

«At least I'm not late,» she thought, checking the time.

She walked slowly down the corridor, looking for her classroom. The numbers on the doors didn't make much sense to her at first, and she had to stop more than once to check the map on her phone.

After a few minutes, she finally found the right room. The door was open, and a few students were already inside. Lena hesitated for a second, then walked in quietly.

She chose a seat near the window and sat down. For a moment,

she just looked outside, watching people walk across the campus. It helped her feel a little calmer.

«Is this seat free?» someone asked.

Lena turned and saw a girl with a friendly smile.

«Yes, of course,» Lena said.

«I'm Maya,» the girl said, sitting down.

«I'm Lena,» she replied.

«First day?» Maya asked.

Lena nodded. «Is it that obvious?»

Maya laughed. «A little. Don't worry, I felt the same last year.»

That made Lena feel better. They started talking about their courses, teachers, and schedules. The conversation was simple, but it helped Lena relax.

Soon, more students came into the room, and the class began. The teacher introduced himself and explained what they would

study this semester. Lena tried to listen carefully, but it was not easy to focus. There were too many new names, new ideas, and new rules.

After the class, Lena packed her things slowly. She didn't want to rush, but she also didn't know where to go next.

«Do you have another class now?» Maya asked.

«No, I have a break,» Lena said.

«Same here. Do you want to get a coffee?»

Lena smiled. «Yes, that sounds nice.»

They walked to a small café on campus. It was busy, but they found a table in the corner. The smell of coffee and the sound of quiet conversations made the place feel comfortable.

As they talked, Lena started to forget how nervous she had been in the morning. She was still surrounded by new faces, but now it didn't feel so strange. One of those faces was already becoming familiar.

When they finished their coffee, Lena checked her schedule again. She still had a lot to figure out, but she didn't feel alone

anymore.

As she walked back through the busy corridor, she noticed something had changed. The faces around her were still new, but now they didn't seem so distant. Some people smiled, others looked just as nervous as she had felt earlier.

Lena adjusted her bag and walked a little more confidently, thinking that maybe, with time, these new faces would turn into something more.

Here are some useful expressions you might have noticed:

look around — осматриваться

new faces — новые лица

recognize someone — узнавать кого-то

first day at university — первый день в университете

feel bigger than expected — казаться больше, чем ожидалось

check the time — проверять время

look for something — искать что-то

make sense — иметь смысл

hesitate for a second — колебаться на секунду

choose a seat — выбрать место

feel calmer — чувствовать себя спокойнее

start talking — начать разговор

feel the same — чувствовать то же самое

listen carefully — внимательно слушать

not easy to focus — трудно сосредоточиться

have a break — иметь перерыв

get a coffee — взять кофе

feel comfortable — чувствовать себя комфортно

forget how nervous you were — забыть, как сильно нервни-

чал

not feel alone — не чувствовать себя одиноко

with time — со временем

turn into something more — превратиться во что-то боль-

шее

You can use patterns like these in your own speech:

There were people everywhere, but I didn't recognize anyone.

— Люди были повсюду, но я никого не узнавал.

At first, everything felt strange, but then I relaxed. — Сначала

всё казалось странным, но потом я расслабился.

I didn't know where to go, so I checked the map. — Я не знал,

куда идти, поэтому посмотрел карту.

Although I was nervous, I tried to stay calm. — Хотя я нерв-

ничал, я пытался сохранять спокойствие.

Someone started talking to me, and it helped a lot. — Кто-то

заговорил со мной, и это сильно помогло.

It was not easy to focus because everything was new. — Было

трудно сосредоточиться, потому что всё было новым.

With time, things started to feel more familiar. — Со временем всё стало казаться более знакомым.

Now think about your own experience:

Have you ever been in a place where you didn't know anyone?

How do you feel when you see many new faces around you?

What helps you feel more comfortable in a new group?

Do you usually start conversations or wait for others?

How do you remember new names and faces?

What was your first day at school or university like?

Here are some possible answers:

Yes, I have been in a place where I didn't recognize anyone. At first, I felt nervous, but I tried to stay calm and look around.

When I see many new faces, I feel a bit uncomfortable. However, with time, I start to feel more relaxed and confident.

Talking to someone helps me feel more comfortable. For example, if I start talking about simple things, I can relax.

I usually wait for others to start talking because I feel shy. But sometimes I try to start a conversation myself.

I try to listen carefully and repeat the name in my head. It helps me remember better.

My first day was stressful because everything felt new. But by

the end of the day, I didn't feel so nervous anymore.

Complete the sentences:

There were people everywhere, but _____

At first, everything felt strange, but _____

I didn't know where to go, so _____

It was not easy to focus because _____

With time, _____

A Friendly Conversation

It was a quiet afternoon, and Mark decided to take a break from work. He closed his laptop, stretched a little, and walked to a small café near his office. He didn't have a plan. He just wanted a cup of coffee and a few minutes to relax.

The café wasn't very busy. Soft music was playing, and a few people were sitting by the window. Mark ordered a coffee and looked around for a place to sit. Most tables were empty, but one table near the window had a single chair left.

«Is this seat free?» he asked.

A woman looked up from her book and smiled. «Yes, of course.»

«Thanks,» Mark said and sat down.

For a few minutes, they sat in silence. Mark checked his phone, then put it away. The woman turned a page in her book, but then she looked up again.

«Do you come here often?» she asked.

«Not really,» Mark replied. «Only when I need a break.»

She nodded. «Same here. It's a nice place to relax.»

There was a short pause, but it didn't feel uncomfortable. Mark took a sip of his coffee and looked outside. People were walking slowly, enjoying the warm weather.

«I'm Mark, by the way,» he said.

«I'm Sofia,» she replied.

«Nice to meet you.»

«You too.»

The conversation continued naturally. They talked about work, daily routines, and their favorite places in the city. Sofia told him about a small park she liked to visit, and Mark shared a story about a busy morning at the office.

At first, Mark didn't expect much from this conversation. It was just a simple question about a free seat. But now, he found himself enjoying the moment.

«It's funny,» Sofia said. «Sometimes you just start talking to

someone, and the time passes so quickly.»

Mark smiled. «Yeah, I didn't even notice how long I've been here.»

They both laughed softly.

After a while, Mark checked the time again. «I should probably go back to work,» he said.

«Me too,» Sofia replied, closing her book.

They stood up and got ready to leave.

«It was nice talking to you,» Mark said.

«Same here,» Sofia answered. «Maybe I'll see you here again.»

«Maybe,» Mark said with a smile.

They walked out of the café and went in different directions. It was a short conversation, nothing special at first, but it made the day feel lighter.

As Mark returned to his office, he realized that sometimes a

simple, friendly conversation can change your mood more than you expect.

Here are some useful expressions you might have noticed:

take a break — сделать перерыв

close a laptop — закрыть ноутбук

walk to a café — пойти в кафе

have a plan — иметь план

not very busy — не очень занято

look around — осматриваться

is this seat free — это место свободно

sit in silence — сидеть в тишине

check your phone — проверять телефон

put something away — убрать что-то

turn a page — перевернуть страницу

come here often — часто сюда приходить

a short pause — короткая пауза

not feel uncomfortable — не чувствовать себя неловко

take a sip — сделать глоток

by the way — кстати

continue naturally — продолжаться естественно

enjoy the moment — наслаждаться моментом

time passes quickly — время проходит быстро

go back to work — вернуться к работе

it was nice talking to you — было приятно поговорить

change your mood — изменить настроение

You can use patterns like these in your own speech:

I didn't have a plan, I just wanted to relax. — У меня не было плана, я просто хотел отдохнуть.

At first, we didn't talk much, but then the conversation started. — Сначала мы мало разговаривали, но потом разговор начался.

It didn't feel uncomfortable, so I stayed. — Это не было неловко, поэтому я остался.

We started talking about simple things. — Мы начали говорить о простых вещах.

I didn't expect much, but I enjoyed it. — Я не ожидал многого, но мне понравилось.

Time passed quickly, and I didn't notice. — Время прошло быстро, и я не заметил.

It was a short moment, but it changed my mood. — Это был короткий момент, но он изменил моё настроение.

Now think about your own experience:

Do you like starting conversations with strangers? Why or why not?

Have you ever had a friendly conversation in a café or public place?

What helps you feel comfortable when talking to someone new?

Do you prefer short conversations or long ones? Why?

How do you usually start a conversation?

Can a simple conversation change your mood? How?

Here are some possible answers:

I don't always like starting conversations with strangers because I feel a bit uncomfortable. But sometimes I try, and it can change my mood in a good way.

Yes, I once had a friendly conversation in a café. At first, it was a short pause, but then we started talking and time passed quickly.

A friendly smile helps me feel comfortable. Also, if the conversation continues naturally, I can relax and enjoy the moment.

I prefer short conversations because they are easier and less stressful. However, sometimes a longer conversation can be more interesting.

I usually start with a simple question, like «Is this seat free?» or «Do you come here often?» It helps to begin naturally.

Yes, a simple conversation can change my mood. For example, if I feel tired, a short talk can make me feel better.

Complete the sentences:

I didn't have a plan, I just wanted to _____

At first, we didn't talk much, but _____

It didn't feel uncomfortable, so _____

Time passed quickly, and _____

It was a short moment, but _____

The Right Choice

Nina stood in the middle of the store, holding two jackets in her hands. One was simple and comfortable. The other was more stylish, but also more expensive. She looked at them again and sighed.

«I just need to make a decision,» she said quietly.

She had come to the shopping mall to buy something for her new job. It was her first week at the office, and she wanted to look professional. At the same time, she didn't want to spend too much money.

At first, the choice seemed easy. She picked the simple jacket and went to the mirror. It looked fine. Not perfect, but okay.

Then she tried on the other one. It fit better, and she liked the way it looked. She smiled at her reflection.

«Of course,» she said. «It's always the more expensive one.»

Nina checked the price again and felt unsure. «Do I really need this?» she thought.

She walked around the store for a few minutes, still holding

both jackets. There were other people shopping, talking, trying things on. Some of them looked confident. Nina didn't feel the same.

«Excuse me, can I help you?» a shop assistant asked.

Nina smiled politely. «I'm trying to choose between these two.»

The assistant looked at the jackets. «Both are nice, but it depends on what you need. Do you want something more practical or something more formal?»

Nina thought for a moment. «I need something for work, but also something I can wear every day.»

«In that case,» the assistant said, «the simpler one might be a better choice. You can wear it in different situations.»

Nina nodded. That made sense. Still, she looked at the second jacket again.

«It looks really good on you,» the assistant added.

Now Nina felt even more confused.

She thanked the assistant and went back to the mirror. She put on the simple jacket again and looked carefully. Then she

changed into the other one.

«It's not just about the price,» she thought. «It's about how I feel.»

She took a deep breath and tried to imagine her first meeting at work. Which jacket would make her feel more confident?

After a moment, she smiled.

«Okay,» she said quietly. «I know what to do.»

A few minutes later, Nina was standing at the cashier with one jacket in her hands. She felt calm and sure about her decision.

As she left the store, she looked at the shopping bag and smiled again. Maybe it wasn't a perfect choice, but it felt like the right one for her.

Here are some useful expressions you might have noticed:

make a decision — принять решение

at the same time — в то же время

spend too much money — тратить слишком много денег

at first — сначала

try on clothes — примерять одежду

look at your reflection — смотреть на своё отражение

feel unsure — чувствовать неуверенность
walk around the store — ходить по магазину
choose between — выбирать между
it depends on — это зависит от
more practical — более практичный
more formal — более формальный
a better choice — лучший выбор
wear every day — носить каждый день
look good on someone — хорошо смотреться на ком-то

Конец ознакомительного фрагмента.

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