

12+

ДЖИММИ ТЕЛЛИНГ

Современный английский для подростков

ЛЕКСИКА, ГРАММАТИКА
И ОБЩЕНИЕ



Джимми Теллинг

**Современный английский
для подростков. Лексика,
грамматика и общение**

«Издательские решения»

Теллинг Д.

Современный английский для подростков. Лексика, грамматика и общение / Д. Теллинг — «Издательские решения»,

В книге собраны 16 современных историй о школе, дружбе, увлечениях, путешествиях и первых самостоятельных решениях. Каждый урок включает полезную лексику с переводом, грамматику в контексте, задания на понимание текста, упражнения, темы для обсуждения и письменную практику. Ответы и итоговый словарь помогут заниматься самостоятельно и уверенно применять английский в реальных ситуациях.

© Теллинг Д.

© Издательские решения

Содержание

Предисловие	6
Lesson 1. The New Student	8
Answers	15
Lesson 2. The Group Chat Problem	17
Answers	24
Lesson 3. A Weekend Without a Phone	26
Answers	33
Lesson 4. The School Talent Show	35
Конец ознакомительного фрагмента.	38

Современный английский для подростков

Лексика, грамматика и общение

Джимми Теллинг

© Джимми Теллинг, 2026

ISBN 978-5-0071-3714-0

Создано в интеллектуальной издательской системе Ridero

Предисловие

Подростковый возраст — это время перемен, новых знакомств, важных решений и первых самостоятельных шагов. Английский язык помогает не только учиться и путешествовать, но и общаться с людьми, находить интересную информацию и увереннее смотреть в будущее.

Эта книга предназначена для подростков, изучающих английский язык на уровне A2—B1. В неё вошли 16 современных историй о школе, дружбе, семье, увлечениях, социальных сетях, путешествиях, подработке, спорте и волонтерстве. Герои книги сталкиваются с ситуациями, которые знакомы многим подросткам: переходят в новую школу, переживают из-за сообщений в групповом чате, учатся выступать перед публикой, ищут первую работу и разрешают разногласия с родителями.

Каждый урок включает:

- подготовительные вопросы;
- рассказ на современную подростковую тему;
- новые слова и устойчивые выражения с переводом;
- объяснение грамматики на примерах из истории;
- вопросы по содержанию;
- задания True or False;
- лексические и грамматические упражнения;
- перевод предложений;
- устную и письменную практику;
- ответы и возможные варианты выполнения.

Грамматика изучается не отдельно от языка, а внутри понятных жизненных ситуаций. Читатель видит, как конструкции работают в настоящей речи, а затем учится самостоятельно применять их в упражнениях, рассказах и сообщениях.

Как работать с книгой

Начните урок с раздела Before You Read. Изучите предложенные слова и ответьте на вопросы. Это поможет подготовиться к теме рассказа.

Затем прочитайте историю, не стараясь перевести каждое слово. Сначала определите главную мысль и проследите за развитием событий. После этого вернитесь к сложным фрагментам и изучите раздел New Words and Expressions.

Обратите внимание на Grammar Focus. Найдите примеры изучаемой конструкции в рассказе и сравните их с правилами. Затем выполните упражнения, не пользуясь ответами.

После проверки обязательно исправьте ошибки и ещё раз повторите выражения, которые вызвали затруднения. Завершите урок заданиями Speaking Practice и Writing Practice. Старайтесь использовать новую лексику и грамматику главы.

Для хорошего результата рекомендуется:

проходить по одному уроку в неделю;
перечитывать рассказы вслух;
выписывать полезные выражения целиком;
составлять собственные примеры;
возвращаться к изученной лексике через несколько дней;
выполнять письменные задания без автоматического перевода.

Последовательная работа с книгой поможет расширить словарный запас, лучше понимать английские тексты, увереннее говорить и использовать грамматику в реальных ситуациях.

Желаю успехов!

Lesson 1. The New Student

Level: A2—B1

Topic: School, friendship and first impressions

Grammar Focus: Present Simple and Present Continuous

Before You Read

Изучите слова и ответьте на вопросы.

new student — новый ученик

first impression — первое впечатление

classmate — одноклассник

introduce yourself — представиться

feel nervous — нервничать

make friends — заводить друзей

Is it easy for you to make new friends?

How can classmates help a new student?

What makes a good first impression?

The New Student

It is Monday morning, and sixteen-year-old Mia Carter is standing outside her new school. Students are walking through the main entrance, talking to their friends and checking their phones. Everyone seems to know where to go. Mia does not.

Her family has recently moved to Brighton because her mother has started a new job there. Mia usually enjoys new experiences, but today she feels nervous. She is holding a map of the school, but the building still looks confusing.

«Are you looking for something?» a boy asks.

Mia turns around. The boy is carrying a basketball and wearing a bright green jacket.

«I'm trying to find Room 14,» she says. «I'm new here.»

«That's near my classroom. I can show you the way,» he replies. «I'm Leo.»

«I'm Mia. Thanks.»

As they walk along the corridor, Leo points out the library, the science laboratory and the school café. He talks quickly and seems to know everyone they pass.

«Do you always carry a basketball?» Mia asks.

«Almost always,» Leo says. «I play for the school team. We practise on Mondays and Thursdays.»

When they reach Room 14, the teacher is already writing on the board. Mia quietly enters the classroom, and everyone looks at her.

«You must be Mia,» the teacher says with a friendly smile. «Welcome to Westbrook School. Would you like to introduce yourself?»

Mia hates speaking in front of large groups, but she takes a deep breath.

«My name is Mia Carter. I've just moved here from Bristol. I enjoy drawing, photography and reading. I don't play basketball, but perhaps Leo will teach me.»

Several students laugh, including Leo. Mia immediately feels a little more relaxed.

The teacher asks her to sit next to a girl called Sofia. Sofia has curly dark hair and a notebook covered in colourful stickers. During the lesson, the class discusses a group history project.

«We're preparing presentations about important local places,» Sofia explains. «Our group is researching the old cinema. Would you like to join us?»

«Yes, definitely,» Mia answers. «I love old buildings, and I can take photographs for the presentation.»

«That's perfect! We need someone who is good at photography.»

At lunchtime, Sofia invites Mia to sit with her friends. Leo is already at the table with two other students, Ben and Chloe. They ask Mia about her old school, her hobbies and the move to Brighton.

At first, Mia gives short answers because she is worried about saying something embarrassing. Soon, however, she realises that nobody is judging her. Chloe loves reading, Ben is interested in art, and Sofia wants to learn photography. They have more in common than Mia expected.

After lunch, Leo shows Mia the sports hall. The basketball team is practising, and their coach is giving instructions.

«You should come to our match on Friday,» Leo says. «It's the first game of the season.»

«Maybe I will,» Mia replies. «But only if you promise not to make me play.»

Leo smiles. «No problem. You can be the team photographer.»

At the end of the day, Mia sends a message to her mother:

My first day was much better than I expected. The school is huge, but I didn't get lost. I'm working on a history project, and I think I've already made some friends.

As Mia leaves the school, she notices that she is no longer holding the map. She does not need it now. For the first time since the move, Brighton is beginning to feel like home.

New Words and Expressions

confusing — запутанный, непонятный
The school building looks confusing at first.

corridor — коридор
Students are talking in the corridor.

point something out — показывать, обращать внимание
Leo points out the school library.

take a deep breath — глубоко вдохнуть
Mia takes a deep breath before speaking.

feel relaxed — чувствовать себя спокойно
The friendly welcome makes her feel more relaxed.

be good at something — хорошо уметь что-либо делать
Mia is good at photography.

have something in common — иметь что-либо общее
The students have several interests in common.

judge somebody — осуждать, оценивать человека
Mia realises that nobody is judging her.

make a good first impression — произвести хорошее первое впечатление
Being friendly can help you make a good first impression.

join a group — присоединиться к группе
Mia agrees to join Sofia's project group.

expect — ожидать
The school day is better than Mia expected.

begin to feel like home — начинать казаться родным местом
Brighton is beginning to feel like home.

Grammar Focus

Present Simple

Используем Present Simple для регулярных действий, привычек и постоянных фактов.

Mia usually enjoys new experiences.
Leo plays for the school basketball team.
They practise on Mondays and Thursdays.
Chloe loves reading.

Present Continuous

Используем Present Continuous для действий, происходящих сейчас или в текущий период.

Students are walking through the entrance.

Mia is holding a map.

The class is preparing presentations.

The basketball team is practising.

Слова-маркеры

Present Simple:

usually;

always;

often;

sometimes;

every day;

on Mondays.

Present Continuous:

now;

at the moment;

today;

currently;

this week.

Exercise 1. Reading Comprehension

Ответьте на вопросы.

Why has Mia's family moved to Brighton?

How does Mia feel outside her new school?

Who helps Mia find Room 14?

What hobbies does Mia mention to the class?

What is Sofia's group preparing?

How can Mia help with the history project?

Why does Mia become more relaxed during lunch?

What does Leo invite Mia to do?

What role could Mia have at the basketball match?

How have Mia's feelings changed by the end of the day?

Exercise 2. True or False

Определите, верны ли утверждения.

Mia has moved to Brighton because of her father's job.

Leo plays for the school basketball team.

Mia enjoys speaking in front of large groups.

Sofia's group is researching an old cinema.
Mia is good at photography.
Ben is interested in sport.
The basketball match is taking place on Friday.
Mia gets lost at the end of the school day.

Exercise 3. Choose the Correct Word

Mia feels nervous / disappointed before entering the school.
Leo shows her the way along the corridor / entrance map.
Mia takes a deep breath / impression before introducing herself.
Sofia invites Mia to join a history project / season.
Mia and her new classmates have several interests in common / home.
Leo invites Mia to attend a basketball match / lesson.
Mia thinks she has already made some friends / groups.
Brighton is beginning to feel like home / a corridor.

Exercise 4. Complete the Expressions

Используйте слова из списка.

breath, common, friends, group, impression, relaxed, something, way

make a good first _____
take a deep _____
make _____
have something in _____
feel more _____
join a _____
be good at _____
show somebody the _____

Exercise 5. Present Simple or Present Continuous

Раскройте скобки.

Mia usually _____ new experiences.
ENJOY
Students _____ through the main entrance now.
WALK
Leo _____ for the school basketball team.
PLAY
The class currently _____ presentations about local places.
PREPARE
Sofia often _____ colourful stickers on her notebooks.
USE
The basketball team _____ in the sports hall at the moment.
PRACTISE
Chloe _____ reading.
LOVE

Mia _____ on a history project this week.
WORK

Exercise 6. Complete the Text

Используйте слова из списка.

common, impression, join, nervous, photography, relaxed, student, welcome

Starting at a new school can be difficult. A new (1) _____ may feel (2) _____ because everyone else already has friends. A warm (3) _____ can make the first day easier.

Classmates can invite the new person to (4) _____ a group or take part in a school project. Shared hobbies, such as reading, sport or (5) _____, can help students discover that they have something in (6) _____.

When people are friendly, the new student begins to feel more (7) _____. A small act of kindness can create a positive first (8) _____.

Exercise 7. Translate into English

Мия нервничает перед первым днём в новой школе.

Лео показывает ей дорогу до класса.

Он играет за школьную баскетбольную команду.

Сейчас класс готовит презентации об интересных местах города.

Мия хорошо разбирается в фотографии.

У неё много общего с новыми одноклассниками.

Лео приглашает её на баскетбольный матч.

К концу дня Мия чувствует себя спокойнее.

Speaking Practice

Ответьте на вопросы.

What can make a first day at a new school difficult?

How should students welcome a new classmate?

What helps teenagers make friends?

Is the first impression always accurate?

How can school projects bring students together?

Would you like to change schools? Why or why not?

Useful Speaking Phrases

In my opinion, a new student may feel...

Classmates can help by...

One effective way to make friends is...

People often have something in common, such as...

A good first impression is important because...

I would feel more relaxed if...

Writing Practice

Напишите сообщение новому однокласснику объёмом 80—100 слов.

В сообщении:

поприветствуйте ученика;

кратко расскажите о школе;

предложите помощь;

пригласите его или её присоединиться к школьному занятию.

Answers

Exercise 1

Her family has moved because her mother has started a new job in Brighton.
She feels nervous and finds the school confusing.
Leo helps her.
She mentions drawing, photography and reading.
They are preparing a presentation about the old cinema.
She can take photographs.
She realises that her classmates are friendly and share her interests.
He invites her to attend the basketball match.
She could be the team photographer.
She feels more relaxed and thinks that Brighton is beginning to feel like home.

Exercise 2

False
True
False
True
True
False
True
False

Exercise 3

nervous
corridor
breath
project
common
match
friends
home

Exercise 4

impression
breath
friends
common
relaxed
group
something
way

Exercise 5

enjoys
are walking
plays

is preparing
uses
is practising
loves
is working

Exercise 6

student
nervous
welcome
join
photography
common
relaxed
impression

Exercise 7. Возможные варианты ответа

Mia feels nervous before her first day at a new school.

Leo shows her the way to the classroom.

He plays for the school basketball team.

The class is currently preparing presentations about interesting places in the city.

Mia is good at photography.

She has a lot in common with her new classmates.

Leo invites her to a basketball match.

By the end of the day, Mia feels more relaxed.

Writing Practice. Возможный вариант ответа

Hi Alex,

Welcome to Westbrook School! I know that starting at a new school can feel confusing, but everyone here is friendly. Our teachers are helpful, and the school has a large library, a modern sports hall and a comfortable café. I can show you around and help you find your classrooms. Some of us are working on a history project about interesting local places. Would you like to join our group? We are meeting in the library after school on Thursday.

See you tomorrow!

Mia

Lesson 2. The Group Chat Problem

Level: A2—B1

Topic: Online communication, friendship and misunderstandings

Grammar Focus: Past Simple and Past Continuous

Before You Read

Изучите слова и ответьте на вопросы.

group chat — групповой чат

send a message — отправить сообщение

misunderstanding — недопонимание

hurt somebody's feelings — задеть чьи-либо чувства

apologise — извиняться

sort out a problem — уладить проблему

Do you use group chats to communicate with classmates?

Is it easy to misunderstand a written message?

What should people do after hurting someone's feelings?

The Group Chat Problem

On Tuesday evening, Sofia was sitting at her desk and working on her history presentation. Her group was preparing a project about Brighton's old cinema. Mia was choosing photographs, Leo was looking for historical facts, and Ben was designing the slides.

The four students were also discussing the project in their group chat.

Sofia: We still need someone to write the final paragraph.

Leo: Ben can do it. He loves writing long messages.

Ben: Very funny.

Mia: I can write it if nobody else wants to.

Sofia: Thanks, Mia. Let's finish everything tonight.

At first, the conversation was friendly. Then Ben uploaded the first version of the presentation.

Ben: Here it is. What do you think?

Leo: It looks strange. Did you design it in five minutes?

Ben: No. I worked on it for two hours.

Leo: I'm joking. Don't be so serious.

Ben stopped replying.

Sofia read the messages and immediately felt uncomfortable. Leo often made jokes, but his tone was sometimes difficult to understand in writing. When people spoke to him face to face, they could see that he was smiling. In a group chat, his short messages occasionally sounded unfriendly.

«Leo, perhaps you should apologise,» Sofia wrote.

«Why?» Leo replied. «It was only a joke.»

Mia did not know what to say. She had joined the group recently and did not want to get involved in an argument. However, she also thought that Leo's comment was unfair. Ben had spent a long time preparing the slides.

While Mia was trying to write a careful message, another notification appeared.

Ben: If my work is so bad, somebody else can do it.

A moment later, he left the group chat.

The next morning, the atmosphere in the classroom was uncomfortable. Ben was sitting by the window and reading a book. Leo entered the room and greeted everyone, but Ben did not look at him.

During the history lesson, their teacher asked each group to report on its progress. Sofia explained that their presentation was almost ready, but the students were having a small disagreement.

«A good project requires clear communication,» the teacher said. «Messages can easily be misunderstood because we cannot hear a person's tone of voice or see their facial expression.»

Leo looked at Ben but did not say anything.

At lunchtime, Mia decided to speak to Leo.

«I know you were joking,» she said, «but Ben worked hard on those slides. Your message sounded quite rude.»

«I didn't mean to upset him,» Leo replied. «I thought he knew I was joking.»

«That's the problem,» Mia said. «He couldn't see your expression. He only saw the words.»

Leo was silent for a moment. Then he put his phone in his pocket and walked over to Ben's table.

«Can we talk?» he asked.

Ben looked surprised but nodded.

«I'm sorry about my message,» Leo said. «Your presentation didn't look strange. I was trying to be funny, but the joke wasn't funny. You did a great job.»

Ben closed his book. «I probably reacted too strongly, but I was tired. I had spent two hours working on it.»

«Will you come back to the chat?»

«Yes, but perhaps we should all think before we send messages.»

That afternoon, Ben returned to the group chat. Leo added a new rule to its description:

Read your message twice before you send it.

This time, everyone understood that he was being serious.

New Words and Expressions

upload — загружать файл в интернет

Ben uploads the presentation to the group chat.

reply — отвечать

Ben stops replying to the messages.

notification — уведомление

A new notification appears on Mia's phone.

get involved in an argument — вмешиваться в спор

Mia does not want to get involved in an argument.

unfair — несправедливый

She thinks Leo's comment is unfair.

rude — грубый

The short message sounds rude.

upset somebody — расстроить кого-либо

Leo does not mean to upset Ben.

react strongly — остро реагировать

Ben admits that he reacted too strongly.

tone of voice — тон голоса

A person's tone of voice can show that they are joking.

facial expression — выражение лица

We cannot see facial expressions in written messages.

clear communication — понятное общение

Teamwork requires clear communication.

think before doing something — думать перед совершением действия

People should think before posting a message.

Grammar Focus

Past Simple

Используем Past Simple для завершённых действий в прошлом.

Ben uploaded the presentation.
Leo wrote an unfriendly comment.
Ben left the group chat.
Leo apologised to Ben.

Правильные глаголы получают окончание -ed:

work — worked;
apologise — apologised;
reply — replied.

Некоторые неправильные глаголы:

send — sent;
write — wrote;
leave — left;
feel — felt;
think — thought;
say — said.

Past Continuous

Используем Past Continuous для действий, которые происходили в определённый момент в прошлом.

Sofia was working on the presentation.
Mia was choosing photographs.
Ben was sitting by the window.
The students were discussing the project.
Past Continuous + Past Simple

Продолжительное действие часто служит фоном для короткого завершённого действия.

While Mia was writing a message, a notification appeared.
Ben was reading a book when Leo entered the classroom.
The students were having lunch when Leo apologised.

Exercise 1. Reading Comprehension

Ответьте на вопросы.

What were the four students preparing?
What job was each student doing?
Why did Leo criticise Ben's presentation?
Why did Sofia think Leo should apologise?
Why did Mia hesitate to join the discussion?
What did Ben do after reading the messages?

What did the teacher say about online messages?
Why did Leo's joke sound rude?
How did Leo sort out the problem?
What rule did he add to the group chat?

Exercise 2. True or False

Определите, верны ли утверждения.

Sofia's group was preparing a science presentation.
Ben spent two hours designing the slides.
Sofia thought that Leo's message was friendly.
Mia immediately joined the argument.
Ben left the group chat.
The teacher explained why online messages can be misunderstood.
Leo wanted to upset Ben.
Ben returned to the chat after Leo apologised.

Exercise 3. Choose the Correct Word

Ben uploaded the first version / notification of the presentation.
Leo's message sounded rude / careful.
Mia did not want to get involved in an argument / expression.
Written messages do not show a person's tone of voice / chat.
Leo did not mean to upset / upload Ben.
Ben admitted that he had reacted too strongly / clearly.
Leo gave Ben a sincere apology / reply rule.
Clear communication can prevent a misunderstanding / presentation.

Exercise 4. Complete the Expressions

Используйте слова из списка.

argument, before, communication, feelings, problem, strongly, voice, twice

hurt somebody's _____
get involved in an _____
clear _____
tone of _____
react too _____
sort out a _____
think _____ sending a message
read a message _____

Exercise 5. Past Simple or Past Continuous

Раскройте скобки.

Sofia _____ on the presentation when Ben uploaded the slides.
WORK

The students _____ the project in their group chat.

DISCUSS

Leo _____ an unkind message.

WRITE

Ben _____ replying after he read the comment.

STOP

While Mia _____ to write a careful reply, a notification appeared.

TRY

Ben _____ by the window when Leo entered the room.

SIT

Leo _____ to Ben during lunchtime.

APOLOGISE

After their conversation, Ben _____ to the group chat.

RETURN

Exercise 6. Complete the Text

Используйте слова из списка.

apologise, expressions, feelings, jokes, messages, misunderstanding, rude, voice

Online communication is fast and convenient, but written (1) _____ can sometimes cause problems. When we communicate online, we cannot hear a person's tone of (2) _____ or see their facial (3) _____.

For this reason, friendly (4) _____ may sound serious or even (5) _____. A small (6) _____ can hurt somebody's (7) _____. People should read their words carefully before sending them. If a message causes a problem, it is important to explain what you meant and (8) _____ sincerely.

Exercise 7. Translate into English

Ученики обсуждали проект в групповом чате.

Бен два часа работал над презентацией.

Сообщение Лео прозвучало грубо.

Мия не хотела вмешиваться в спор.

Пока она писала ответ, Бен вышел из чата.

Письменные сообщения легко понять неправильно.

Лео не хотел расстраивать своего друга.

Он извинился, и друзья уладили проблему.

Speaking Practice

Ответьте на вопросы.

Why are written messages sometimes misunderstood?

Should people discuss serious problems in group chats?

How can someone apologise sincerely?

What rules should students follow when communicating online?

Is it acceptable to joke about another person's work?

What should you do if a friend sends you an upsetting message?

Useful Speaking Phrases

Written messages can be misunderstood because...

Before sending a message, people should...

If somebody's words upset me, I would...

A sincere apology should...

The best way to sort out the problem is...

People should respect other users' feelings.

Writing Practice

Напишите сообщение однокласснику объёмом 80—100 слов.

Представьте, что вы написали неудачную шутку в групповом чате. В сообщении:

извинитесь;

объясните, что вы хотели сказать;

признайте, почему сообщение прозвучало обидно;

предложите уладить ситуацию.

Answers

Exercise 1

They were preparing a history presentation about Brighton's old cinema.

Sofia was organising the project, Mia was choosing photographs, Leo was looking for facts, and Ben was designing the slides.

He was trying to make a joke.

His message sounded rude and Ben had worked hard on the slides.

She was new to the group and did not want to get involved in an argument.

He left the group chat.

She said that messages can be misunderstood because people cannot hear the tone of voice or see facial expressions.

Ben could only see Leo's words and could not see that he was smiling.

He spoke to Ben and apologised sincerely.

«Read your message twice before you send it.»

Exercise 2

False

True

False

False

True

True

False

True

Exercise 3

version

rude

argument

voice

upset

strongly

apology

misunderstanding

Exercise 4

feelings

argument

communication

voice

strongly

problem

before

twice

Exercise 5

was working

were discussing
wrote
stopped
was trying
was sitting
apologised
returned

Exercise 6

messages
voice
expressions
jokes
rude
misunderstanding
feelings
apologise

Exercise 7. Возможные варианты ответа

The students were discussing the project in their group chat.

Ben worked on the presentation for two hours.

Leo's message sounded rude.

Mia did not want to get involved in the argument.

While she was writing a reply, Ben left the chat.

Written messages can easily be misunderstood.

Leo did not mean to upset his friend.

He apologised, and the friends sorted out the problem.

Writing Practice. Возможный вариант ответа

Hi Ben,

I'm sorry about the message I sent yesterday. I was trying to make a joke, but I understand that my words sounded rude. You spent a lot of time working on the presentation, and I should not have criticised it in the group chat. I didn't mean to hurt your feelings or suggest that your work was bad. The slides actually look great. Can we talk at school tomorrow and sort out the problem? I hope we can continue working together.

Leo

Lesson 3. A Weekend Without a Phone

Level: A2—B1

Topic: Digital habits and free time

Grammar Focus: Present Perfect

Before You Read

Изучите слова и ответьте на вопросы.

screen time — время перед экраном

social media — социальные сети

check notifications — проверять уведомления

digital habit — цифровая привычка

switch off a device — выключать устройство

spend time together — проводить время вместе

How much time do you spend using your phone every day?

Could you spend an entire weekend without it?

What activities can replace screen time?

A Weekend Without a Phone

It is Friday evening, and Leo is sitting on the sofa with his phone in his hand. He is watching short videos, replying to messages and checking the latest sports news. The television is on, but he is not paying attention to it.

His older sister, Emma, enters the room.

«You've been looking at that screen since dinner,» she says.

«No, I haven't.»

«Yes, you have. I've walked past this room three times, and you haven't moved.»

Leo looks at the time and is surprised. Nearly two hours have passed.

Their mother comes into the room carrying a small wooden box.

«I have an idea,» she says. «This weekend, we're all going to take a break from our phones.»

Leo stares at her. «For the whole weekend?»

«Until Sunday evening. We'll put our phones in this box.»

«What if someone needs to contact us?»

«We'll keep one phone for emergencies. The others will remain switched off.»

Emma immediately agrees, but Leo is less enthusiastic. He has never spent an entire day without checking his messages. His basketball team is planning its next training session, and his classmates are discussing their history project.

«What am I supposed to do all weekend?» he asks.

His mother smiles. «You might discover something.»

On Saturday morning, Leo wakes up and automatically reaches for his phone. Then he remembers that it is downstairs in the box. He lies in bed for a few minutes, wondering whether anyone has sent him a message.

After breakfast, his father suggests going for a walk along the coast. At first, Leo is bored. He has walked this route many times, and he cannot take photographs or listen to music. However, after a while, he begins to notice things he has previously ignored: the sound of the waves, the birds above the water and the small boats near the beach.

The family stops at a café. Usually, everyone looks at their phone while waiting for food. Today, they talk instead. Emma tells them about a school play she has recently joined. Leo realises that she has mentioned it before, but he has never asked her about it.

In the afternoon, it starts raining. Leo expects the rest of the day to be terrible, but Emma finds an old board game in a cupboard. The family has not played it for years.

At first, nobody remembers the rules. Soon, they are arguing, laughing and trying to win. Their father loses three times and demands another game.

On Sunday, Leo helps his mother prepare lunch. He has never cooked a complete meal before, but he enjoys chopping vegetables and making a sauce. Later, he reads several chapters of a book he started months ago but never finished.

By Sunday evening, Leo is ready to get his phone back. He opens the box and immediately sees dozens of notifications. However, he does not check them straight away.

«Well?» Emma asks. «Have you survived?»

«Just,» Leo replies. «But the weekend wasn't as bad as I expected.»

«What have you learned?»

Leo thinks for a moment.

«I've learned that I check my phone without thinking. I've also learned that Dad is terrible at board games.»

«I heard that!» their father calls from the kitchen.

Leo laughs. He has enjoyed the weekend, but he is not planning to give up his phone completely. Instead, he decides to switch it off during family meals and stop using it before bedtime.

A weekend without a phone has not changed his whole life, but it has changed one important habit.

New Words and Expressions

pay attention to something — обращать внимание на что-либо
Leo is not paying attention to the television.

take a break from something — сделать перерыв в чём-либо
The family takes a break from their phones.

emergency — чрезвычайная ситуация
They keep one phone for emergencies.

automatically — автоматически, не задумываясь
Leo automatically reaches for his phone.

ignore — не замечать, игнорировать
Leo notices things he has previously ignored.

coast — морское побережье
The family goes for a walk along the coast.

board game — настольная игра
Emma finds an old board game.

cupboard — шкаф
The game is inside a cupboard.

survive — пережить, выдержать
Emma asks whether Leo has survived the weekend.

give something up — отказаться от чего-либо
Leo does not want to give up his phone completely.

straight away — сразу
He does not check his notifications straight away.

without thinking — не задумываясь
Leo often checks his phone without thinking.

Grammar Focus

Present Perfect

Present Perfect описывает:

жизненный опыт;

результат действия, важный сейчас;
действие в незавершённый период;
событие, произошедшее недавно.

Формула:

have/has + V3

I have finished.

She has joined.

We have discovered.

He has not checked.

Примеры из рассказа

Leo has never spent an entire day without his phone.

Emma has recently joined a school play.

The family has not played the game for years.

Leo has learned something about his habits.

The weekend has changed one important habit.

Наречия Present Perfect

already — уже

I have already finished the book.

just — только что

She has just sent a message.

yet — уже, ещё

Have you finished yet?

I haven't finished yet.

ever — когда-либо

Have you ever spent a day without your phone?

never — никогда

I have never tried this activity.

recently — недавно

He has recently started a new hobby.

Exercise 1. Reading Comprehension

Ответьте на вопросы.

What is Leo doing at the beginning of the story?

What challenge does his mother suggest?

Why does the family keep one phone?

What does Leo do immediately after waking up?

What does he notice during the walk?

What has Emma recently joined?
How does the family spend the rainy afternoon?
What new activity does Leo try on Sunday?
Why does he not check his notifications immediately?
What habits does Leo decide to change?

Exercise 2. True or False

Определите, верны ли утверждения.

Leo watches videos for nearly two hours.
The family switches off every phone in the house.
Leo is pleased about the challenge from the beginning.
The family goes for a walk along the coast.
Emma has recently joined a sports team.
The family regularly plays the old board game.
Leo prepares part of Sunday's meal.
He decides to stop using a phone completely.

Exercise 3. Choose the Correct Word

Leo is not paying attention / emergency to the television.
The family decides to take a break / habit from its phones.
Leo reaches for his phone automatically / recently.
During the walk, he notices things he has previously ignored / survived.
Emma finds a board game in a cupboard / coast.
Leo does not check his notifications straight away / off.
He does not want to give his phone up / out completely.
Leo often checks his phone without thinking / paying.

Exercise 4. Complete the Expressions

Используйте слова из списка.

attention, away, break, emergency, habit, thinking, time, up

pay _____
take a _____
screen _____
digital _____
give something _____
straight _____
without _____
in an _____

Exercise 5. Complete the Sentences

Поставьте глаголы в Present Perfect.

Leo _____ never _____ a day without his phone before.

SPEND

Emma _____ recently _____ a school play.

JOIN

The family _____ not _____ the board game for years.

PLAY

Leo _____ several interesting things during the weekend.

NOTICE

He _____ a complete meal for the first time.

COOK

_____ you ever _____ a break from social media?

TAKE

Leo _____ not _____ his messages yet.

CHECK

The experience _____ one of his habits.

CHANGE

Exercise 6. Choose the Correct Word

Leo has already / yet put his phone in the box.

He has not checked his notifications already / yet.

Emma has recently / ever joined a school play.

Have you ever / never spent a weekend without the internet?

I have never / yet tried to switch off my phone for a whole day.

The family has just / yet finished another board game.

Leo has already / ever noticed a change in his habits.

His father has not won a game just / yet.

Exercise 7. Complete the Text

Используйте слова из списка.

attention, break, habits, notifications, offline, screen, together, without

Many people check their phones (1) _____ thinking. They look at new (2) _____, open social media applications and spend more time in front of a (3) _____ than they intended.

Taking a short (4) _____ from digital devices can help people understand their online (5) _____. During this time, they can pay more (6) _____ to their surroundings, enjoy activities (7) _____ and spend time with family or friends.

Living permanently (8) _____ is not necessary, but regular phone-free periods can be useful.

Exercise 8. Translate into English

Лео никогда раньше не проводил целый день без телефона.

Его семья решила сделать перерыв в использовании устройств.

Эмма недавно присоединилась к школьной театральной постановке.

Семья уже сыграла несколько настольных игр.

Лео ещё не проверил свои уведомления.

Ты когда-нибудь выключал телефон на весь день?

Он понял, что часто проверяет сообщения, не задумываясь.
Этот опыт изменил одну из его привычек.

Speaking Practice

Ответьте на вопросы.

Why do people check their phones so frequently?
What are the disadvantages of excessive screen time?
What can teenagers do instead of using their phones?
Should phones be allowed during family meals?
Have you ever taken a break from social media?
What digital habit would you like to change?

Useful Speaking Phrases

I usually use my phone to...
One disadvantage of excessive screen time is...
I have never...
I have recently...
Instead of checking my phone, I could...
I would like to change the habit of...

Writing Practice

Напишите текст объёмом 100—120 слов.

Describe your experience of using digital devices.

В тексте:

расскажите, какими устройствами вы пользуетесь;
объясните, для чего они вам нужны;
опишите одну цифровую привычку;
расскажите, что вы хотели бы изменить.

Answers

Exercise 1

He is watching videos, replying to messages and checking sports news.

She suggests spending the weekend without personal phones.

They keep one phone for emergencies.

He automatically reaches for his phone.

He notices the waves, birds and boats.

She has recently joined a school play.

They play an old board game.

He helps prepare a complete meal.

He has realised that the notifications do not need his immediate attention.

He decides to switch off his phone during family meals and stop using it before bedtime.

Exercise 2

True

False

False

True

False

False

True

False

Exercise 3

attention

break

automatically

ignored

cupboard

away

up

thinking

Exercise 4

attention

break

time

habit

up

away

thinking

emergency

Exercise 5

has; spent

has; joined

has; played

has noticed
has cooked
Have; taken
has; checked
has changed

Exercise 6

already
yet
recently
ever
never
just
already
yet

Exercise 7

without
notifications
screen
break
habits
attention
together
offline

Exercise 8. Возможные варианты ответа

Leo has never spent an entire day without his phone before.
His family has decided to take a break from using their devices.
Emma has recently joined a school play.
The family has already played several board games.
Leo has not checked his notifications yet.
Have you ever switched off your phone for a whole day?
He has realised that he often checks his messages without thinking.
This experience has changed one of his habits.

Writing Practice. Возможный вариант ответа

I use a smartphone and a laptop every day. I need my laptop for school projects, online lessons and finding information. My phone helps me keep in touch with friends, listen to music and check my school timetable. However, I have noticed that I often open social media without thinking. I have sometimes spent an hour watching short videos when I planned to study. I would like to limit my screen time and stop using my phone before bedtime. I have already switched off unnecessary notifications. I also want to take regular breaks and spend more of my free time reading, exercising and meeting friends in person.

Lesson 4. The School Talent Show

Level: A2—B1

Topic: Talents, confidence and performing in public

Grammar Focus: Comparative and Superlative Adjectives

Before You Read

Изучите слова и ответьте на вопросы.

talent show — конкурс талантов

perform on stage — выступать на сцене

audience — зрители

rehearsal — репетиция

feel confident — чувствовать себя уверенно

overcome a fear — преодолеть страх

What talents can people demonstrate in a school show?

Is it difficult to perform in front of an audience?

How can a person become more confident?

The School Talent Show

Every spring, Westbrook School holds a talent show. Students sing, dance, perform magic tricks and play musical instruments. The event is always popular, and the main hall is usually full of students, teachers and parents.

This year, Sofia wants to take part. She has played the guitar for four years and often writes her own songs. However, she has never performed alone in front of a large audience.

«You should enter the talent show,» Mia tells her during lunch.

«I'm not good enough,» Sofia replies. «There are much better musicians at school.»

«That isn't true. I've heard you play. Your songs are more original than most of the music online.»

Sofia smiles but shakes her head. «Playing for one friend is easier than performing in front of two hundred people.»

A few days later, Mia notices a talent show poster in the corridor. Registration closes that afternoon. Without telling Sofia, she takes a photograph of the poster and sends it to their group chat.

Mia: Sofia is thinking about performing.

Leo: She should do it!

Ben: Definitely. Her song about the bus stop is the funniest song I've ever heard.

Sofia: It isn't supposed to be funny.

Ben: That makes it even better.

After several encouraging messages, Sofia finally registers. She chooses a quiet song called «A Different Road». It is more serious than her usual music and also more difficult to perform.

The first rehearsal does not go well. Sofia plays the opening part too quickly, forgets several lines and stops in the middle of the song.

«This was a terrible idea,» she says as she puts the guitar back in its case.

«It wasn't terrible,» Mia replies. «You were nervous. The next rehearsal will be easier.»

«It couldn't be worse.»

During the following week, Sofia practises every evening. She begins by performing for Mia. Then she plays for the whole project group. Leo talks throughout the first song, so Sofia makes him sit quietly at the back of the room.

At the second school rehearsal, she remembers every line. Her voice is clearer, and she plays more slowly than before. The music teacher tells her that it is one of the most memorable songs in the show.

On the evening of the performance, Sofia waits behind the stage curtain. She can hear the audience talking. Her hands feel cold, and her heart is beating faster than usual.

«I can't do this,» she whispers.

Mia, Ben and Leo are standing nearby.

«You've already done the hardest part,» Ben says. «You wrote the song and entered the competition.»

«And you survived our private concerts,» Leo adds. «This audience is much quieter than we are.»

Sofia laughs, and the presenter announces her name.

The stage looks brighter and larger than it did during the rehearsals. Sofia sits down, adjusts the microphone and looks at the audience. For a moment, she cannot remember the first line.

Then she sees her friends in the front row. Mia gives her an encouraging smile.

Sofia takes a deep breath and begins to play.

The first notes are quieter than she intended, but her voice soon becomes stronger. The audience stops moving and listens. When she finishes, the hall is silent for a second. Then everyone applauds.

Sofia does not win first prize. A dance group gives the most impressive performance of the evening. However, she receives a special award for the most original song.

After the show, Sofia finds her friends near the entrance.

«You were amazing!» Mia says.

«I made two mistakes,» Sofia replies.

«Maybe,» Ben says, «but nobody noticed.»

Sofia looks at the certificate in her hand. Winning has not been the most important part of the evening. Performing has shown her that she is braver than she thought.

New Words and Expressions

take part — принимать участие

Sofia wants to take part in the talent show.

enter a competition — принять участие в конкурсе

Her friends encourage her to enter the competition.

registration — регистрация

Registration closes in the afternoon.

encouraging — ободряющий

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.