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2026

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The Present Simple Stories / D. Alekhin — «Автор», 2026

Эта книга — сборник связанных фраз в Present Simple, которые плавно перетекают одна в другую и складываются в цельную историю о повседневной жизни школьника: утро, школа, друзья, семья, выходные и мечты. Материал рассчитан на уровни A и B и помогает изучающим английский естественно запоминать грамматику, лексику и порядок слов через контекст, а не через зубрёжку. Каждая фраза опирается на предыдущую, поэтому чтение превращается в увлекательное путешествие по неделе героя. Книга учит описывать рутину, планы, чувства и мечты, тренирует беглость и даёт готовые речевые образцы для реального общения.

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The Present Simple Stories

I wake up early every morning.

My alarm clock rings at seven o'clock.

I get out of bed and stretch my arms.

My feet touch the cold floor.

I walk to the bathroom and brush my teeth.

The water feels fresh on my face.

I look in the mirror and smile.

My hair looks messy in the morning.

I comb it quickly and go to the kitchen.

My mother makes breakfast for the family.

She always cooks something delicious.

The smell of coffee fills the room.

I pour myself a cup of tea.

My father reads the newspaper at the table.

He drinks his coffee without sugar.

My little sister eats cereal with milk.

She likes to watch cartoons while she eats.

The cat sits near the window and watches birds.

Birds fly around the garden every morning.

Our dog barks at them from the yard.

I finish my breakfast and put on my shoes.

My backpack stands near the door.

I check my books and notebooks inside.

Everything looks ready for school.

My friend waits for me at the bus stop.

We walk to school together every day.

The school stands on a quiet street.

Teachers arrive before the students.

The bell rings at eight thirty.

Lessons start and we sit at our desks.

Our English teacher speaks very clearly.

She writes new words on the blackboard.

We repeat them aloud together.

The students listen carefully to her.

Sometimes we work in small groups.

I like to ask questions in class.

My classmates are friendly and helpful.

We have a break after the second lesson.

Some students eat sandwiches in the hall.

Others play games on their phones.

I usually talk with my friends.

We laugh and share funny stories.

The break ends too quickly.

The next lesson is mathematics.

Numbers and formulas fill the board.

Our teacher explains everything step by step.

I solve problems in my notebook.

Some tasks seem difficult at first.

But practice makes them easier.

Lunch time comes at twelve o'clock.

The school canteen serves hot food.

I eat soup and a piece of bread.

My friends sit at the same table.

We talk about our plans for the weekend.

After lunch we have two more lessons.

History is my favourite subject.

We learn about ancient civilizations.

The stories about the past interest me.

Finally the school day ends.

I say goodbye to my teachers.

My friends and I walk home together.

The sun shines brightly in the sky.

We stop at a small shop near the park.

I buy some juice and a chocolate bar.

My friend chooses an ice cream.

We sit on a bench in the park.

Children play on the swings nearby.

Their parents watch them with smiles.

A gentle wind moves the leaves.

We finish our snacks and continue walking.

At home I take off my shoes.

My mother asks about my day.

I tell her about the history lesson.

She listens and nods her head.

My sister does her homework at the table.

I join her and open my books.

We study together for an hour.

Then I help my mother with dinner.

I cut vegetables for the salad.

My father comes home from work.

He looks tired but happy.

We sit down and eat together.

Everyone shares news from the day.

After dinner I wash the dishes.

My sister dries them with a towel.

Then we watch a film in the living room.

The film is funny and we laugh a lot.

Later I take a warm shower.

The water relaxes my muscles.

I put on my pajamas and read a book.

Reading helps me fall asleep.

My eyes grow heavy after a while.

I turn off the light and close my eyes.

The house becomes quiet and calm.

Tomorrow brings a new day.

I sleep deeply through the night.

My dreams are strange but pleasant.

The darkness slowly turns into light.

The birds start singing outside my window.

Their songs wake me up gently.

I open my eyes and yawn loudly.

My room looks the same as always.

Sunlight comes through the curtains.

I stretch my legs under the blanket.

The blanket feels soft and warm.

I don't want to leave my bed.

But my mother calls me from downstairs.

Her voice sounds cheerful and loud.

I finally get up and make my bed.

The pillow goes at the top.

The blanket lies flat and neat.

I open the window for fresh air.

The morning air smells clean and cool.

I hear my sister singing in her room.

She always sings in the morning.

I knock on her door and say hello.

She smiles and waves at me.

We go downstairs together.

Breakfast is already on the table.

Today we have eggs and toast.

My father drinks his usual coffee.

My mother eats fruit and yogurt.

The radio plays soft music.

We talk about the day ahead.

My sister has a test at school.

She feels a little nervous about it.

I tell her she will do fine.

She thanks me and feels better.

I finish my food and stand up.

My chair makes a noise on the floor.

I take my plate to the sink.

My sister does the same.

We put our dishes in the dishwasher.

Then we run upstairs to get dressed.

I choose a blue shirt and jeans.

My sister wears a red dress.

She likes bright colours.

I brush my hair and check my bag.

Everything is in the right place.

My sister waits for me by the door.

We say goodbye to our parents.

They wish us a good day.

We walk out into the sunshine.

The street is busy with people.

Neighbours wave at us kindly.

A postman delivers letters door to door.

Cars move slowly down the road.

We cross the street carefully.

The traffic light turns green.

We reach the school gate.

Other children run and shout happily.

The schoolyard is full of noise.

I see my best friend near the entrance.

He tells me a funny joke.

I laugh and tell him one too.

We walk to our classroom together.

The teacher greets us at the door.

We take our seats quietly.

The lesson begins with a short review.

We answer questions about yesterday's topic.

I raise my hand to speak.

The teacher nods and I answer.

She says my answer is correct.

I feel proud of myself.

The next task is a group project.

We work with our desks together.

Everyone shares their ideas.

We write notes on a big sheet.

The teacher walks around and helps.

She gives us useful advice.

Time passes quickly when we work.

The bell rings for the next lesson.

We move to a different classroom.

This time it is science.

We learn about plants and water.

The teacher shows us a small experiment.

We watch with curious eyes.

The water changes colour slowly.

Everyone says "wow" at the same time.

Science is always interesting.

After that we have physical education.

We run and jump in the gym.

The coach teaches us a new game.

We play it with great energy.

My team wins the first round.

We cheer and give high fives.

Sports make me feel strong and happy.

Then comes art class.

We draw pictures of our families.

My drawing shows our house and garden.

The teacher likes my use of colour.

She hangs it on the wall.

I feel happy about her praise.

Lunchtime arrives and we go to the canteen.

Today's menu includes rice and chicken.

I eat everything on my plate.

My friends talk about a new film.

They want to watch it this weekend.

I say I will join them.

We plan to meet on Saturday.

The afternoon lessons go by fast.

We have music and then geography.

In music we sing a new song.

In geography we study mountains and rivers.

The final bell rings at three o'clock.

We pack our bags and leave.

The school day is finally over.

My friend and I walk to the bus stop.

We talk about our homework.

Some tasks seem hard but doable.

We promise to help each other.

The bus arrives and we get on.

I find a seat near the window.

The bus moves through the streets.

I watch the shops and people outside.

An old man gets on with a cane.

I offer him my seat.

He smiles and says thank you.

I hold the handrail and stand.

A few stops later I get off.

I walk the last part home.

The front door is open.

My mother is in the kitchen.

She asks me about my test.

I tell her it went well.

She hugs me and says she is proud.

My sister comes home a bit later.

She looks happy and relaxed.

Her test also went fine.

We celebrate with some juice.

The evening feels calm and nice.

We do our homework at the table.

I help my sister with her math.

She helps me with my English.

We work well as a team.

Our father brings pizza for dinner.

We eat and talk and laugh.

The day ends with a warm feeling.

I go to bed with a smile.

Tomorrow will be another good day.
The weekend starts and I feel free.

No alarm clock rings on Saturday.

I wake up slowly and enjoy the silence.

The house is quiet and peaceful.

My sister sleeps in her room.

My parents drink coffee in the garden.

I join them outside.

The sun is warm and the sky is clear.

Birds sing in the trees.

Our neighbour cuts his grass.

The smell of fresh bread comes from the kitchen.

My mother baked it earlier.

We eat breakfast together outside.

Everything tastes better in the open air.

After breakfast I call my friend.

We agree to meet at the park.

I put on my sports shoes.

My sister decides to come too.

We walk to the park together.

The park is full of people.

Children run around the fountain.

Some people ride bicycles.

Others sit on the grass and talk.

We find a free bench near the lake.

Ducks swim quietly on the water.

My friend brings a football.

We play on the open field.

I kick the ball hard.

My friend catches it and laughs.

My sister cheers from the bench.

We play for almost an hour.

Then we sit down and rest.

I buy water from a small kiosk.

The cold water tastes amazing.

We talk about school and games.

My friend tells us about his new bike.

He rides it every evening.

I say I want to see it.

He promises to show me tomorrow.

The afternoon passes quickly.

We say goodbye and go home.

At home I take a shower.

The warm water feels refreshing.

I change into comfortable clothes.

My mother asks about the park.

I tell her everything.

She smiles and listens.

In the evening we watch a family film.

We eat popcorn and drink tea.

The film has a happy ending.

Everyone feels good.

I go to bed a bit later.

I read a few pages of my book.

The story is exciting.

I fall asleep thinking about it.

Sunday morning is calm again.

We have a big family breakfast.

My grandparents come to visit.

They bring sweets and fruit.

Grandma tells funny stories.

Grandpa talks about his garden.

Конец ознакомительного фрагмента.

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