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ТОМ СТОРИЗ

Современный английский для школьников

ШКОЛЬНЫЕ И ЖИЗНЕННЫЕ
СИТУАЦИИ НА АНГЛИЙСКОМ



Том Сториз

**Современный английский
для школьников.**

**Школьные и жизненные
ситуации на английском**

«Издательские решения»

Сториз Т.

Современный английский для школьников. Школьные и жизненные ситуации на английском / Т. Сториз — «Издательские решения»,

Данное учебное пособие предназначено для учащихся средней и старшей школы (уровень B1). Оно направлено на развитие навыков чтения, расширение словарного запаса и умение использовать английский язык в реальных жизненных ситуациях. Темы охватывают обучение, эмоции, отношения, цифровую среду и повседневную ответственность. Каждый раздел содержит связный текст, лексику с переводом, речевые модели и практические задания для уверенного владения языком.

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Современный английский для школьников Школьные и жизненные ситуации на английском

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Введение

Данное пособие предназначено для учащихся средней и старшей школы, изучающих английский язык на уровне B1. Его цель заключается в системном развитии навыков чтения, расширении активного словарного запаса и формировании умения понимать и использовать современный английский язык в контексте реальных жизненных ситуаций.

Материалы пособия ориентированы на темы, актуальные для молодых людей школьного возраста. В них рассматриваются вопросы, связанные с учебной нагрузкой, организацией времени, межличностными отношениями, эмоциональным состоянием, цифровой средой, а также формированием самостоятельности и личной ответственности. Тематика текстов соответствует возрастным особенностям обучающихся и их повседневному опыту.

Каждая глава включает связный текст, написанный в естественном и доступном стиле, с последующим методическим сопровождением. После основного материала предлагаются лексические единицы с переводом на русский язык, речевые модели, а также задания для закрепления и практического использования изученного материала.

Особое внимание уделяется развитию навыков понимания устойчивых выражений, типичных словосочетаний и конструкций, используемых в современном английском языке. Это позволяет учащимся не только расширять словарный запас, но и формировать более точное и уверенное выражение мыслей.

Структура пособия направлена на последовательное формирование языковой компетенции: от понимания текста к его осмыслению и дальнейшему использованию в устной и письменной речи. Дополнительные вопросы и задания способствуют развитию навыков рефлексии и самостоятельного мышления.

Пособие может использоваться как в учебном процессе, так и для самостоятельной работы, обеспечивая постепенное и устойчивое развитие уровня владения английским языком.

Dealing with stress at school

It was Monday morning, and I already felt tired before the day even started. My alarm had gone off three times, but I kept pressing snooze because I didn't want to get out of bed. I had a math test first lesson, a history presentation after lunch, and on top of that, I hadn't finished my homework for English. Just thinking about everything made my stomach feel tight.

When I finally got to school, the corridors were noisy as usual. Everyone was talking, laughing, running to their classes, but I felt like I was moving in slow motion. I tried to open my math notebook, but the formulas looked confusing, although I had studied them the night before. I started to panic a little because I couldn't remember simple things that usually felt easy.

During the test, my mind went completely blank for a few seconds. I looked around and saw other students writing quickly, which made me feel even more stressed. I told myself to breathe and focus on just one question at a time, so I started slowly. It wasn't perfect, but at least I was writing something instead of freezing.

At lunch, my friend noticed I was quiet. She asked what was wrong, and I told her everything. She laughed a little and said, «You always do this before tests, but you always pass them in the end.» It sounded simple, but somehow it helped. Sometimes we forget that stress makes things feel worse than they really are.

After school, I stayed a bit longer in the library. I broke my homework into small parts instead of trying to do everything at once. It felt easier that way, because I could actually see progress. I also realized that I often make things harder in my mind than they are in reality.

On the way home, I listened to music and watched people walking in the streets. I thought about how stress doesn't really disappear, but it changes when you learn how to handle it. Some days will still feel heavy, but maybe that's normal.

When I got home, I didn't rush. I made tea, sat down, and opened my notebook again. This time, it didn't feel like a fight.

Here are some useful expressions you might have noticed:

snooze the alarm — откладывать будильник

feel tired before the day starts — чувствовать усталость с самого начала дня

on top of that — вдобавок к этому

stomach feels tight — напряжение в животе (от стресса)

noisy corridors — шумные коридоры

move in slow motion — двигаться как в замедленной съёмке

open my notebook — открыть тетрадь

look confusing — выглядеть запутанным

go completely blank — полностью «провалиться» в памяти

at a time — по одному (шаг за шагом)

freeze under pressure — застыть под давлением

feel stressed out — чувствовать сильный стресс

in the end — в конце концов

break something into small parts — разбить на маленькие части

make things harder in my mind — усложнять всё в голове
in reality — в реальности
handle stress — справляться со стрессом
stay a bit longer — остаться немного дольше
feel easier that way — так кажется легче
listen to music — слушать музыку
take your time — не торопиться

You can use patterns like these in your own speech:

I felt ____ because ____ — Я чувствовал (а) ____ потому что ____
When I finally ____, I ____ — Когда я наконец ____, я ____
It made me feel ____ — Это заставило меня чувствовать ____
I tried to ____, but ____ — Я пытался (ась) ____, но ____
Instead of ____, I decided to ____ — Вместо ____ я решил (а) ____
It felt easier when I ____ — Это стало легче, когда я ____
I realized that ____ — Я понял (а), что ____
On the way home, I ____ — По дороге домой я ____
I told myself to ____ — Я сказал (а) себе ____
At first, I couldn't ____, but later I ____ — Сначала я не мог (ла) ____, но потом я ____

Now think about your own experience:

When do you usually feel stressed at school?
What subjects make you feel more pressure, and why?
How do you behave when you are under stress?
Do you talk to anyone when you feel overwhelmed?
What helps you calm down during a difficult school day?
Have you ever surprised yourself by doing better than expected under pressure?
Do you prefer working alone or in a group when you are stressed?
What small habits could help reduce your stress?

Here are some possible answers:

1. When do you usually feel stressed at school?

I usually feel stressed before exams or presentations because I worry about making mistakes. For example, before a math test I often feel nervous and overthink simple tasks.

2. What subjects make you feel more pressure, and why?

Math and science make me feel more pressure because there are clear right or wrong answers. I sometimes feel stressed if I can't solve a problem quickly, although I know I just need more practice.

3. How do you behave when you are under stress?

When I am stressed, I become quiet and try to focus on my work. I often break tasks into small parts because it helps me feel more in control and less overwhelmed.

4. Do you talk to anyone when you feel overwhelmed?

Yes, I usually talk to a close friend because it helps me relax. Sometimes just sharing my thoughts makes the situation feel easier and less serious than I thought.

5. What helps you calm down during a difficult school day?

Listening to music and taking short breaks helps me calm down. For example, I go for a short walk or just sit quietly for a few minutes to clear my mind.

6. Have you ever surprised yourself by doing better than expected under pressure?

Yes, sometimes I think I will do badly, but in the end I do better than expected. It shows me that stress is often worse in my head than in reality.

7. Do you prefer working alone or in a group when you are stressed?

I prefer working alone because I can focus better and manage my own pace. However, sometimes group work helps because other people can explain things differently.

8. What small habits could help reduce your stress?

I think planning my time better and not leaving everything for the last minute would help. Also, sleeping well and taking short breaks during studying could reduce stress a lot.

Complete the sentences:

Before exams, I often feel ____ because ____

Instead of panicking, I try to ____

When I feel stressed, I usually ____

It becomes easier for me when I ____

On busy school days, I need to ____

Feeling confident or insecure

It was a normal school morning, but for me it didn't feel normal at all. I was standing in front of the mirror, adjusting my shirt for the third time. I checked my hair, my backpack, even my shoes. Nothing looked wrong, but I still didn't feel ready. Today we had to present a project in front of the class, and just thinking about it made my hands a little cold.

On the way to school, I kept imagining different situations. What if I forget my words? What if people start laughing? What if the teacher asks a difficult question? I knew these thoughts were not very logical, but they kept coming back again and again. At the same time, I noticed some classmates walking confidently, talking loudly, laughing without hesitation. It made me compare myself to them, and suddenly I felt smaller, like I didn't belong.

In the classroom, everything felt louder than usual. Chairs moving, pages turning, people whispering. My heart started beating faster when my name was called. I walked to the front, holding my notes tightly. My hands were shaking a bit, but I tried to smile. I remembered what my friend once said: «People don't see your fear as much as you think they do.» That thought helped me start.

At first, my voice sounded strange, but after a minute, I got used to it. I looked at my classmates and noticed that most of them were just listening quietly, not judging me. That surprised me. I had expected something worse, but reality was calmer than my imagination. I still made a small mistake, but nobody reacted in a bad way, so I just continued.

After the presentation, I went back to my seat and felt a strange mix of emotions. I wasn't fully confident, but I wasn't as insecure as before either. It was like standing somewhere in the middle. My friend gave me a small thumbs-up, and that simple gesture made me relax even more.

During lunch, I thought about confidence. It seems like some people are born with it, but maybe that's not true. Maybe confidence is something that grows slowly, every time you do something even if you are scared. Insecurity doesn't disappear completely, but it becomes quieter when you don't listen to it too much.

On the way home, I noticed myself walking more naturally, not overthinking every step. I still had doubts in my head, but they didn't control me as much as before. And for some reason, that felt like progress.

Here are some useful expressions you might have noticed:

adjust my shirt — поправлять рубашку

for the third time — в третий раз

feel ready — чувствовать себя готовым

in front of the mirror — перед зеркалом

on the way to school — по дороге в школу

come back again and again — возвращаться снова и снова

feel insecure — чувствовать неуверенность

feel confident — чувствовать уверенность

compare myself to others — сравнивать себя с другими

stand in front of the class — стоять перед классом

heart started beating faster — сердце начало биться быстрее

hold my notes tightly — крепко держать записи
get used to it — привыкнуть к этому
look at my classmates — смотреть на одноклассников
be just listening quietly — просто тихо слушать
expect something worse — ожидать худшего
reality was calmer — реальность была спокойнее
make a small mistake — сделать небольшую ошибку
go back to my seat — вернуться на своё место
a mix of emotions — смесь эмоций
in the middle — где-то посередине
give a thumbs-up — показать «палец вверх»
grow slowly — расти постепенно
listen to it — слушать это (внутренний голос)
take control — брать контроль

You can use patterns like these in your own speech:

I felt ___ because ___ — Я чувствовал (а) ___ потому что ___

I kept thinking about ___ — Я постоянно думал (а) о ___

What if ___? — А что если ___?

I tried to ___, but ___ — Я пытался (ась) ___, но ___

It made me feel ___ — Это заставило меня чувствовать ___

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

I noticed that ___ — Я заметил (а), что ___

It was worse in my imagination than in reality — В воображении было хуже, чем в реальности

I wasn't sure, but I ___ — Я не был (а) уверен (а), но я ___

That small moment helped me ___ — Этот маленький момент помог мне ___

Now think about your own experience:

In what situations do you feel confident?

When do you usually feel insecure?

Do you compare yourself to other people? Why or why not?

What helps you feel more confident in school?

Have you ever surprised yourself by doing something you were afraid of?

How does your body react when you feel nervous?

Who or what gives you confidence?

Do you think confidence can be learned, or is it natural?

Here are some possible answers:

1. In what situations do you feel confident?

I feel confident when I know I am prepared, for example before tests when I studied well. In those moments I don't overthink and just focus on what I need to do.

2. When do you usually feel insecure?

I usually feel insecure when I have to speak in front of many people. I worry about making mistakes, although most of the time nothing bad actually happens.

3. Do you compare yourself to other people? Why or why not?

Sometimes I compare myself to others because it is easy to think they are better. But I try to remember that everyone has different strengths and weaknesses.

4. What helps you feel more confident in school?

Being well-prepared helps me feel more confident. When I study in advance, I feel calmer and less worried about unexpected questions.

5. Have you ever surprised yourself by doing something you were afraid of?

Yes, I once gave a presentation even though I was very nervous. In the end, it was not as bad as I expected, and I felt proud of myself.

6. How does your body react when you feel nervous?

When I feel nervous, my heart beats faster and my hands sometimes shake. I also find it hard to concentrate at first, but it gets better after a while.

7. Who or what gives you confidence?

My friends and small successes give me confidence. Even small achievements remind me that I can handle difficult situations step by step.

8. Do you think confidence can be learned, or is it natural?

I think confidence can be learned because it grows with experience. The more you face difficult situations, the easier they become over time.

Complete the sentences:

I feel confident when I ____ because ____

Before speaking in front of people, I usually ____

I sometimes compare myself to ____

One thing that helps me feel secure is ____

At first, I felt insecure, but then I ____

Making important life decisions

It was late in the evening, and my room was unusually quiet. I was sitting at my desk, staring at two papers in front of me. One was a list of schools I could apply to next year, and the other was a simple notebook page where I had written pros and cons. It looked simple on paper, but in my head it felt much bigger than that.

I had been thinking about this decision for weeks. My parents had their opinions, my friends had theirs, and even my teachers sometimes gave advice without me asking. Some people said I should choose a school close to home because it is safer and more comfortable. Others said I should try something more challenging, even if it feels scary at the beginning. And I was stuck somewhere in the middle, not fully sure what I really wanted.

At first, I thought making a decision would be quick. You just compare options and choose the best one, right? But in reality, it doesn't work like that. Every choice seemed to have both good and bad sides. If I chose comfort, I might miss opportunities. If I chose challenge, I might feel lost or stressed. So the more I thought about it, the more complicated it became.

One evening, I went for a walk to clear my head. The air was cool, and the streets were calm. I noticed how people were living their normal lives, not thinking too much about big life decisions in that moment. That made me realize something: maybe not every decision needs to be perfect. Maybe some decisions are just steps forward, not final answers.

When I got home, I started writing again. This time, I didn't just list facts. I wrote how each option made me feel. One school made me feel safe, but a little bored. Another made me feel nervous, but also curious. That word «curious» stayed in my mind. It felt like a small sign.

The next day, I talked to a teacher I trust. She didn't tell me what to do. Instead, she asked me questions like, «Where do you see yourself growing?» and «Which choice feels more like you, even if it is harder?» I didn't answer immediately, but those questions stayed with me.

Later that night, I realized something important. I was trying so hard to find a «perfect» decision that I forgot decisions are also about learning. Even if I make a mistake, I can adjust later. Life is not one straight road; it's more like many small turns.

I still didn't have a final answer that day, but I felt a bit lighter. The pressure didn't disappear, but it changed shape. Instead of fear, there was a quiet feeling that I could figure it out step by step.

And somehow, that was enough for now.

Here are some useful expressions you might have noticed:

stare at something — смотреть пристально на что-то

pros and cons — плюсы и минусы

make an important decision — принимать важное решение

in front of me — передо мной

think for weeks — думать неделями

have different opinions — иметь разные мнения

feel stuck — чувствовать себя в тупике

in the middle — посередине
on paper — на бумаге
in reality — в реальности
clear my head — «проветрить голову»
take a walk — пойти на прогулку
calm streets — спокойные улицы
normal life — обычная жизнь
step forward — шаг вперёд
make a choice — сделать выбор
feel nervous but curious — чувствовать волнение и интерес
stay in my mind — оставаться в голове
talk to someone you trust — поговорить с тем, кому доверяешь
ask questions — задавать вопросы
grow as a person — расти как личность
final answer — окончательный ответ
make a mistake — сделать ошибку
adjust later — изменить позже
quiet feeling — спокойное чувство
pressure changes shape — давление меняется по форме
figure something out — разобраться
step by step — шаг за шагом

You can use patterns like these in your own speech:

I had to decide whether to ____ or ____ — Мне нужно было выбрать между ____ и ____

At first, I thought ____, but then I realized ____ — Сначала я думал (а), но потом понял (а)

It felt difficult because ____ — Это было сложно, потому что ____

I wasn't sure what to choose, so I ____ — Я не был (а) уверен (а), поэтому я ____

One option made me feel ____, but the other made me feel ____ — Один вариант заставлял чувствовать ____, другой ____

I talked to someone who ____ — Я поговорил (а) с человеком, который ____

It stayed in my mind — Это осталось в моей голове

I realized that ____ — Я понял (а), что ____

Instead of rushing, I decided to ____ — Вместо спешки я решил (а) ____

In the end, I felt ____ — В конце я почувствовал (а) ____

Now think about your own experience:

Have you ever had to make an important decision? What was it?

Do you usually decide quickly or think for a long time?

Who helps you when you are unsure about something important?

What is more important for you: safety or new experience? Why?

Have you ever changed your mind after making a decision?

Do you trust your own decisions or ask others first?

What makes a decision «good» in your opinion?

How do you feel when you finally make a difficult choice?

Here are some possible answers:

1. Have you ever had to make an important decision? What was it?

Yes, I had to decide which subjects to focus on for my future studies. It was difficult because I had different interests and I wasn't sure what would be useful later.

2. Do you usually decide quickly or think for a long time?

I usually think for a long time because I want to understand all options. Sometimes this helps, but sometimes it also makes me more confused.

3. Who helps you when you are unsure about something important?

My parents and teachers help me when I am unsure. They don't decide for me, but they give advice that helps me see things more clearly.

4. What is more important for you: safety or new experience? Why?

New experience is more important for me because it helps me grow. Even if it is scary at first, I think I learn more from challenging situations.

5. Have you ever changed your mind after making a decision?

Yes, I have changed my mind before because I realized my first choice was not the best for me. It showed me that it is okay to adjust plans later.

6. Do you trust your own decisions or ask others first?

I usually ask others first, but I try to trust myself more. I think advice is helpful, but the final decision should be mine.

7. What makes a decision «good» in your opinion?

A good decision is one that helps you move forward, even if it is not perfect. It should feel right for you and match your goals.

8. How do you feel when you finally make a difficult choice?

I feel relieved but also a bit nervous. It feels like a weight is lifted, but I also think about what will happen next.

Complete the sentences:

I had to choose between ____ and ____

At first, I thought I should ____

It was difficult because ____

I talked to someone who ____

In the end, I decided to ____

Overthinking and anxiety

It was already midnight, but I was still awake, lying in bed with my phone in my hand. The room was dark and quiet, but my mind was anything but quiet. I kept thinking about everything that happened during the day and everything that might happen tomorrow. A simple conversation with a classmate suddenly felt like something important I needed to analyze again and again.

Earlier that day, I had answered a question in class, and I wasn't fully sure if my answer was correct. At first, I didn't think much about it. But later, the thought came back. What if I was wrong? What if the teacher thought I wasn't prepared? What if others noticed my mistake? These questions kept repeating in my head, even though no one else probably remembered the moment at all.

This is what usually happens when I start overthinking. One small situation grows into a whole story in my mind. I imagine different versions of reality, most of them worse than what actually happened. I know it doesn't help, but stopping it is not so easy.

The next morning, I felt a bit tired because I hadn't slept well. On the way to school, I noticed I was already thinking about things that hadn't even happened yet. What if I forget my homework? What if I say something wrong in front of the class? It was like my brain was trying to prepare for every possible problem at the same time.

During the first lesson, I tried to focus, but my thoughts kept drifting away. I looked at the board, but I wasn't really seeing it. At some point, I realized I had missed part of the explanation. That made me feel even more anxious, and the cycle started again: I was behind, I was not focused, I was doing everything wrong.

At lunch, I sat with a friend and finally said what I was feeling. I expected her to say something complicated or give me advice I wouldn't understand. But she just listened and said, «You're thinking too much about things that haven't even happened.» It sounded simple, almost too simple, but it made me pause.

She told me that when she feels anxious, she tries to focus on one small thing she can control. Like breathing slowly, finishing one task, or just paying attention to what is happening right now instead of everything at once. I didn't think it would work for me, but I decided to try anyway.

Later in the day, I caught myself overthinking again. Instead of letting it grow, I stopped for a moment and focused on what I could actually see and hear. The sound of people talking, the feeling of my pen in my hand, the words on the page. It didn't make everything disappear, but it made the thoughts a little quieter.

On the way home, I realized something important. Anxiety doesn't always come from real problems. Sometimes it comes from imagining too many possibilities that never happen. And overthinking doesn't solve anything — it just makes the present harder to live in.

That night, I still had thoughts in my head, but I didn't follow all of them. Some of them I just let go, like clouds passing by without needing to hold onto them.

Here are some useful expressions you might have noticed:

lying in bed — лежать в кровати
anything but quiet — совсем не тихо (в голове)
think again and again — думать снова и снова
a simple conversation — простой разговор
come back to my mind — возвращаться в голову
overthinking — слишком много думать
small situation — небольшая ситуация
grow into a story — превращаться в целую историю
in my head — в моей голове
worse than reality — хуже, чем реальность
stop it is not easy — остановить это нелегко
feel tired — чувствовать усталость
thoughts drifting away — мысли «улетают»
miss part of the explanation — пропустить часть объяснения
feel anxious — чувствовать тревогу
cycle starts again — цикл начинается снова
talk to a friend — поговорить с другом
something you can control — то, что ты можешь контролировать
focus on the present — сосредоточиться на настоящем
one small thing — одна маленькая вещь
catch myself doing something — поймать себя на чём-то
make things quieter — сделать мысли тише
on the way home — по дороге домой
real problems — реальные проблемы
imagine possibilities — представлять возможности
let go of thoughts — отпустить мысли
cloud passing by — облако, проходящее мимо

You can use patterns like these in your own speech:

I kept thinking about ____ — Я постоянно думал (а) о ____
What if ____? — А что если ____?
It made me feel ____ — Это заставило меня чувствовать ____
I tried to focus on ____ — Я пытался (ась) сосредоточиться на ____
My thoughts kept ____ — Мои мысли продолжали ____
Instead of ____, I decided to ____ — Вместо ____ я решил (а) ____
I realized that ____ — Я понял (а), что ____
It didn't disappear, but it became ____ — Это не исчезло, но стало ____
I could only control ____ — Я мог (ла) контролировать только ____
I let go of ____ — Я отпустил (а) ____

Now think about your own experience:

Do you often overthink small situations? When does it happen?
What kind of thoughts make you feel anxious?
How does your body react when you are stressed or anxious?
Do you find it easy or difficult to «stop thinking» about something?
What helps you calm down when your mind is too busy?
Do you focus more on the past or the future when you are anxious?
Have you ever realized later that you were worrying too much?
Who do you usually talk to when you feel overwhelmed?

Here are some possible answers:

1. Do you often overthink small situations? When does it happen?

Yes, I sometimes overthink small situations, especially after school. I keep replaying conversations in my head and thinking about what I could have said differently.

2. What kind of thoughts make you feel anxious?

I feel anxious when I think about mistakes or possible problems in the future. For example, I worry about forgetting something important or not doing well in school.

3. How does your body react when you are stressed or anxious?

When I am anxious, my heart beats faster and I feel tense. Sometimes I also find it hard to relax or concentrate on one thing.

4. Do you find it easy or difficult to «stop thinking» about something?

It is difficult to stop thinking about something once it starts. My thoughts often repeat themselves, even when I know they are not very helpful.

5. What helps you calm down when your mind is too busy?

Listening to music or taking a short walk helps me calm down. It helps me focus on something simple instead of many thoughts at once.

6. Do you focus more on the past or the future when you are anxious?

I usually focus on both. I think about past mistakes and also worry about future problems, which makes me feel even more stressed.

7. Have you ever realized later that you were worrying too much?

Yes, many times I realize that my worries were unnecessary. Most of the things I was afraid of never actually happened.

8. Who do you usually talk to when you feel overwhelmed?

I usually talk to a close friend because it helps me feel more relaxed. Sharing my thoughts makes them feel less heavy.

Complete the sentences:

I often overthink ____ because ____

When I feel anxious, I usually ____

My thoughts start to ____ when ____

Instead of worrying, I try to ____

I realized that I was worrying too much about ____

Motivation and laziness

It was Sunday evening, and I was sitting at my desk with an open notebook in front of me. I had planned to study for at least two hours, maybe finish my homework, and even prepare a bit for next week. That was the plan. But in reality, I had already been sitting there for twenty minutes doing almost nothing.

My phone was next to me, lighting up every few minutes with new messages. I told myself, «Just five more minutes,» but those five minutes kept repeating. I opened my textbook, looked at the first page, and immediately felt tired. It wasn't real tiredness, more like a strange resistance to starting anything.

This is what happens when laziness takes control. It doesn't always look like doing nothing. Sometimes it looks like cleaning your desk, checking your phone, or thinking about studying without actually doing it. And the more I delay, the harder it becomes to start.

Earlier that day, I had felt motivated. I made a list of things I wanted to finish. I even imagined how good it would feel to be free in the evening, without homework hanging over my head. That feeling was strong... but it disappeared quickly once I sat down.

At some point, I stood up and walked to the kitchen. I wasn't hungry, but I still opened the fridge. Nothing interesting was there, so I closed it again. I laughed a little because I realized I was doing everything except what I was supposed to do.

After a while, I went back to my room and just sat there. I told myself I needed motivation, but maybe I was waiting for the wrong thing. Motivation doesn't always arrive first. Sometimes it comes after you start, not before.

So I decided to do something small. Just ten minutes of studying. No pressure, no big plan. I set a timer and opened my book again. At first, it still felt boring, but I kept going. Ten minutes turned into fifteen, then twenty.

Something interesting happened. The more I worked, the less lazy I felt. It didn't become suddenly easy, but it became easier than before. The resistance in my head started to fade, like a heavy door slowly opening.

Later, I finished most of my homework without even noticing how time passed. I wasn't suddenly super motivated, but I was already in motion, and stopping felt harder than continuing.

Before going to bed, I thought about the difference between motivation and discipline. Motivation is like a spark — it appears quickly and disappears quickly too. But discipline is more like a habit, something that stays even when you don't feel like doing anything.

I still have lazy days. Everyone does. But now I understand something simple: waiting for the perfect moment doesn't really work. Starting is usually the hardest part, but also the most important one.

And sometimes, five minutes of action is more powerful than hours of thinking about it.

Here are some useful expressions you might have noticed:

sit at my desk — сидеть за столом
open notebook — открытая тетрадь
make a plan — строить план
in reality — в реальности
check my phone — проверять телефон
just five more minutes — «ещё пять минут»
take control — брать контроль
feel tired instantly — сразу чувствовать усталость
resistance to starting — сопротивление началу
take over — брать верх
do nothing — ничего не делать
clean my desk — убирать стол
delay something — откладывать что-то
make it harder to start — усложнять начало
feel motivated — чувствовать мотивацию
make a list — составлять список
hang over my head — «висеть над головой» (о задачах)
walk to the kitchen — пойти на кухню
open the fridge — открыть холодильник
do everything except ____ — делать всё кроме ____
sit there quietly — сидеть тихо
start something small — начать с малого
set a timer — поставить таймер
no pressure — без давления
keep going — продолжать
in motion — в движении
fade away — исчезать постепенно
finish homework — закончить домашнее задание
pass time — проходить (о времени)
discipline vs motivation — дисциплина против мотивации
start is the hardest part — начало — самая трудная часть

You can use patterns like these in your own speech:

I planned to ____, but I ended up ____ — Я планировал (а) ____, но в итоге ____
I kept telling myself ____ — Я постоянно говорил (а) себе ____
I didn't feel like ____ — Мне не хотелось ____
Instead of ____, I started ____ — Вместо ____ я начал (а) ____
It felt easier after I ____ — Стало легче после того, как я ____
I decided to start with ____ — Я решил (а) начать с ____
The hardest part is ____ — Самая сложная часть — это ____
I realized that ____ — Я понял (а), что ____
Motivation comes when ____ — Мотивация приходит, когда ____
I kept going even though ____ — Я продолжал (а), хотя ____

Now think about your own experience:

When do you usually feel most lazy?

What tasks do you often delay, and why?

Do you use your phone or other distractions when you should be working?
What helps you finally start studying or doing homework?
Do you feel more motivated in the morning or evening?
Have you ever started something small and ended up finishing everything?
What is harder for you: starting or continuing?
How do you feel after you finish a task you were avoiding?

Here are some possible answers:

1. When do you usually feel most lazy?

I usually feel lazy in the evening after a long school day. My energy is low, and I find it hard to focus on studying or homework.

2. What tasks do you often delay, and why?

I often delay homework and revision because they feel boring or difficult. I sometimes prefer doing easier things first, even if they are not important.

3. Do you use your phone or other distractions when you should be working?

Yes, I often check my phone when I should be working. It is a habit that makes it harder to concentrate on my tasks.

4. What helps you finally start studying or doing homework?

Setting a small goal helps me start, like working for ten minutes. Once I begin, it becomes easier to continue.

5. Do you feel more motivated in the morning or evening?

I feel more motivated in the morning because I am more focused and less tired. In the evening, I usually lose energy quickly.

6. Have you ever started something small and ended up finishing everything?

Yes, many times I start with a small task and then continue working. After a while, I forget about laziness and just keep going.

7. What is harder for you: starting or continuing?

Starting is definitely harder for me because I often overthink it. Once I begin, continuing becomes much easier.

8. How do you feel after you finish a task you were avoiding?

I feel relieved and proud of myself. It feels good to finally finish something that I was delaying for a long time.

Complete the sentences:

I planned to ____, but I ____

I usually feel lazy when ____

Instead of starting, I ____

It becomes easier when I ____

The hardest part for me is ____

Self-esteem and comparison with others

It was a normal school day, but I remember one small moment that stayed in my mind for a long time. We were sitting in the classroom before the lesson started, talking and scrolling through our phones. Someone showed a picture from social media, and suddenly the conversation changed. People started comparing outfits, grades, and even plans for the future.

At first, I didn't say much. I just listened. But inside, I felt something uncomfortable. It was like I was quietly measuring myself against everyone else in the room. She has better grades. He speaks more confidently. They look more successful. These thoughts came automatically, without me even trying.

The problem with comparison is that it usually doesn't feel fair. You compare your «inside» with someone else's «outside.» You see their best moments, but you know all your own doubts, mistakes, and insecurities. And somehow, your life always feels a bit smaller in that comparison.

After school, I walked home slowly. I kept thinking about why I do this so often. Why do I measure my value based on other people? I know logically that everyone has different strengths, but emotions don't always listen to logic.

When I got home, I opened my notebook and tried something different. Instead of writing what I lack, I wrote what I can do. It felt strange at first, almost unnatural. But slowly, I started listing small things: I can stay focused when I try, I can help my friends, I can improve step by step. They didn't feel impressive, but they were real.

Later, I talked to a friend about it. She told me something simple: «You're not in competition with everyone. You're just on your own path.» At first, it sounded like a cliché, but the more I thought about it, the more sense it made. We all start from different places, move at different speeds, and care about different things.

Still, comparison doesn't disappear easily. Even when I try not to do it, it sometimes comes back automatically. But I noticed something important: I can choose what to do after the thought appears. I can either follow it and feel worse, or notice it and move on.

One evening, I was studying and started comparing myself again. Instead of stopping everything, I just took a short break and focused on one question. Then another. Slowly, my attention shifted from others back to my own work. It didn't feel like a big change, but it felt healthier.

Now I understand that self-esteem is not something you either have or don't have. It changes. It grows when you pay attention to your own progress instead of constantly looking at others. Some days are better, some are worse, but that doesn't define who you are.

On my way to school the next morning, I noticed I wasn't checking others as much. I was just walking, thinking about my own day, my own plans. And for once, that felt enough.

Here are some useful expressions you might have noticed:

stay in my mind — оставаться в голове

scroll through social media — листать соцсети

compare outfits — сравнивать одежду
feel uncomfortable — чувствовать дискомфорт
measure myself against others — сравнивать себя с другими
without even trying — даже не пытаясь
automatically come to my mind — автоматически приходить в голову
inside my head — у меня в голове
feel unfair — казаться несправедливым
outside vs inside — внешнее против внутреннего
best moments — лучшие моменты
self-doubt — неуверенность в себе
walk home slowly — медленно идти домой
think about something — думать о чём-то
measure my value — измерять свою ценность
listen to logic — слушать логику
write in my notebook — писать в тетради
what I lack — чего мне не хватает
what I can do — что я могу делать
step by step — шаг за шагом
own path — свой путь
make sense — иметь смысл
different speeds — разные скорости
come back again — возвращаться снова
notice a thought — замечать мысль
move on — двигаться дальше
focus on my work — сосредоточиться на работе
pay attention to progress — обращать внимание на прогресс
feel enough — чувствовать себя достаточным

You can use patterns like these in your own speech:

I started comparing myself to ____ — Я начал (а) сравнивать себя с ____

It made me feel ____ — Это заставило меня чувствовать ____

I realized that ____ — Я понял (а), что ____

Instead of focusing on ____, I focused on ____ — Вместо ____ я сосредоточился (ась) на ____

I often compare myself when ____ — Я часто сравниваю себя, когда ____

My thoughts come automatically when ____ — Мои мысли появляются автоматически, когда ____

— I try to remind myself that ____ — Я стараюсь напоминать себе, что ____

I decided to focus on my own ____ — Я решил (а) сосредоточиться на своём ____

It doesn't define who I am — Это не определяет, кто я есть

I feel better when I ____ — Мне становится лучше, когда я ____

Now think about your own experience:

Do you often compare yourself to others? In what situations?

How does comparison make you feel?

What do you usually compare: grades, appearance, skills, or something else?

Do you think social media makes comparison worse or better? Why?

What are your personal strengths that you sometimes forget about?

How do you usually react when you feel «not good enough»?

Who helps you feel more confident about yourself?

What helps you focus on your own progress instead of others?

Here are some possible answers:

1. Do you often compare yourself to others? In what situations?

Yes, I sometimes compare myself to others at school, especially when I see their grades or confidence. It usually happens when I feel unsure about my own progress.

2. How does comparison make you feel?

It often makes me feel less confident and a bit stressed. I start thinking that I am not doing enough, even if that is not true.

3. What do you usually compare: grades, appearance, skills, or something else?

I usually compare my grades and skills with others. I sometimes forget that everyone learns at a different speed.

4. Do you think social media makes comparison worse or better? Why?

I think social media makes comparison worse because people only show their best moments. It is easy to forget that real life is not always perfect.

5. What are your personal strengths that you sometimes forget about?

I sometimes forget that I am hardworking and can improve if I practice. I also try to be supportive to my friends, which is important too.

6. How do you usually react when you feel «not good enough»?

I usually feel quiet and start doubting myself. But later I try to remind myself that everyone has different abilities.

7. Who helps you feel more confident about yourself?

My friends and family help me feel more confident. They remind me of my strengths when I forget them.

8. What helps you focus on your own progress instead of others?

Setting personal goals helps me focus on myself. When I track my own progress, I compare less with others.

Complete the sentences:

I often compare myself to ____ when ____

It makes me feel ____ because ____

I sometimes forget that ____

Instead of comparing, I try to ____

My self-esteem improves when I ____

Growing up and changing interests

A few years ago, I would have told you that I knew exactly what I liked and what I wanted to do. It felt simple back then. I had clear hobbies, clear favourite subjects, and even clear dreams. But recently, something has started to change, and it's not as simple anymore.

It began quietly. I noticed that things I used to enjoy didn't feel the same. For example, I used to spend hours playing certain games or watching the same types of videos, but now I get bored faster. At the same time, I started becoming interested in things I never really cared about before, like psychology, writing, or even how people make life decisions.

At first, I thought something was wrong. Why was I losing interest in things I once loved? It made me feel a bit confused, almost like I was losing a part of myself. But then I realized that maybe this is just what growing up feels like.

In school, I also noticed changes. Subjects I once found difficult started to feel more interesting, while others that I used to enjoy felt less exciting. It wasn't sudden, more like a slow shift. My attention moved in different directions without me fully noticing it.

One afternoon, I was cleaning my room and found an old notebook from a few years ago. Inside were drawings, ideas, and lists of goals I had at that time. I read through them and smiled a little. Some of those goals felt childish now, but at that moment, they were real and important to me.

That's when I understood something important: interests are not fixed. They change as you change. The person I was a few years ago is not exactly the same person I am now, and probably won't be the same in the future either.

Still, change doesn't always feel comfortable. Sometimes I miss my old interests because they felt familiar and simple. New interests can feel uncertain, like stepping into something I don't fully understand yet. But at the same time, they bring curiosity, and curiosity is a strong feeling.

I talked about this with a friend, and she said something that stayed with me: «You're not losing yourself, you're just becoming more of yourself.» At first, it sounded a bit strange, but later it made sense. Maybe growing up is not about staying the same, but about slowly discovering new parts of who you are.

Now I try not to worry when my interests change. Instead of forcing myself to stay the same, I pay attention to what actually feels meaningful in the moment. Some things stay for a long time, others disappear quickly, and that's okay.

On the way home one day, I noticed how different everything feels when you stop resisting change. The same streets, the same sounds, but a slightly different way of seeing them. And I thought that maybe growing up is not a big moment, but a series of small changes you only notice when you look back.

Here are some useful expressions you might have noticed:

grow up — взрослеть

change interests — менять интересы

a few years ago — несколько лет назад
feel simple — казаться простым
favourite subjects — любимые предметы
become interested in — начать интересоваться
lose interest in something — потерять интерес к чему-то
feel confused — чувствовать растерянность
a part of myself — часть меня
something is wrong — что-то не так
slow shift — медленное изменение
without noticing — не замечая
clean my room — убирать комнату
old notebook — старая тетрадь
look through something — просматривать
childhood goals — детские цели
feel childish — казаться детским
in the future — в будущем
feel uncomfortable — чувствовать дискомфорт
step into something new — входить во что-то новое
feel curious — чувствовать любопытство
stay with me — остаться в памяти
lose yourself — потерять себя
become more of yourself — становиться собой
pay attention to — обращать внимание на
meaningful in the moment — значимый в моменте
on the way home — по дороге домой
look back — оглядываться назад
small changes — маленькие изменения

You can use patterns like these in your own speech:

I used to ____, but now I ____ — Раньше я ____, но теперь я ____
I started becoming interested in ____ — Я начал (а) интересоваться ____
It made me feel ____ — Это заставило меня чувствовать ____
I realized that ____ — Я понял (а), что ____
My interests are changing because ____ — Мои интересы меняются, потому что ____
I miss ____, but I also like ____ — Я скучаю по ____, но мне также нравится ____
I talked to someone who said ____ — Я поговорил (а) с человеком, который сказал ____
It feels like ____ — Это ощущается как ____
I am becoming more ____ — Я становлюсь более ____
I try not to worry when ____ — Я стараюсь не волноваться, когда ____

Now think about your own experience:

Have your interests changed in the last few years? How?
What activities did you enjoy in the past that you don't enjoy now?
What new interests have you discovered recently?
Do you think changing interests is normal or worrying? Why?
How do you feel when you stop liking something you used to enjoy?
Do you prefer stability or change in your hobbies?
What helps you understand yourself better while growing up?
Do you think your future interests will be very different from now?

Here are some possible answers:

1. Have your interests changed in the last few years? How?

Yes, my interests have changed a lot. I used to focus mainly on entertainment, but now I am more interested in learning new skills and understanding how things work.

2. What activities did you enjoy in the past that you don't enjoy now?

I used to spend a lot of time on certain games and videos, but now I don't find them as interesting. My attention has shifted to other activities.

3. What new interests have you discovered recently?

Recently, I became more interested in reading and personal development. I also like learning about psychology and how people think.

4. Do you think changing interests is normal or worrying? Why?

I think it is normal because people change as they grow up. It shows that we are developing and discovering new things about ourselves.

5. How do you feel when you stop liking something you used to enjoy?

At first, I feel a bit nostalgic and confused. But later I accept that it is part of growing up and moving forward.

6. Do you prefer stability or change in your hobbies?

I prefer a mix of both. Stability gives comfort, but change brings new experiences and keeps life interesting.

7. What helps you understand yourself better while growing up?

Thinking about my experiences and trying new things helps me understand myself better. Talking to friends also gives me new perspectives.

8. Do you think your future interests will be very different from now?

Yes, I think my future interests will continue to change. As I grow, I will probably discover new things that I don't know yet.

Complete the sentences:

I used to enjoy ____, but now I ____

Recently, I became interested in ____

It made me feel ____ when I stopped liking ____

I realized that ____

Growing up means ____

Handling failure

I still remember the day I thought I did everything right, but still failed. It was a school test I had studied for quite seriously. I revised the material, made notes, even asked a friend to explain one topic I didn't fully understand. I went into the classroom feeling prepared... or at least I thought I was.

When I got the result back, I stared at the paper for a few seconds without moving. The mark was lower than I expected. Not a complete disaster, but enough to make my stomach drop. At first, I didn't even want to show it to anyone. I just folded it and put it inside my notebook.

On the way home, my thoughts were loud. I kept replaying the test in my head, trying to find the exact moment where I went wrong. Maybe I misread a question. Maybe I didn't manage my time well. Maybe I just wasn't good enough. That last thought stayed longer than the others, even though I knew it wasn't really fair.

At home, I didn't talk much. I went straight to my room and sat there for a while, doing nothing. It's strange how one result can affect your mood so strongly, even when it's just a small part of your life. I kept thinking that maybe others are better at this than me, and I just don't see it.

Later, my friend texted me and asked how I did. I didn't want to answer at first, but eventually I told the truth. I expected some kind of judgment, but instead she replied, «It happens. What did you get wrong?» That question changed the direction of my thoughts a little.

Instead of focusing on the failure itself, I started looking at the details. Which questions did I lose points on? Was it knowledge, or was it pressure, or maybe just small mistakes? Slowly, the result became less like a label and more like information I could actually use.

The next day at school, I spoke to the teacher. I expected to feel embarrassed, but I actually felt more curious than anything else. She explained my mistakes calmly and showed me where I could improve. It wasn't as scary as I imagined in my head.

I started to realize something important: failure doesn't feel the same when you stop treating it like the end. It feels different when you see it as feedback instead of proof that you are not good enough. It still doesn't feel nice, but it becomes useful.

After that, I tried something new. Instead of avoiding my mistakes, I wrote them down and focused on one small thing to improve. Not everything at once, just one step. And strangely, that made me feel more in control.

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