*Give a short talk on* ***YOUR DAY***

*Speak about the following:*

* *your school day*
* *the chores*
* *your weekend*

**It’s common knowledge that** most people spend their life in a routine way and I’m not an exception. I am a typical teenager so my life resembles that of any other teen in our country. It’s pretty similar to the life most of my classmates have. So my day is not different from my classmates’ days.

**There is no need to say that** schoolchildren in Russia go to school six days a week and so do I. On a typical school day my alarm clock rings at … o’clock and I have to get up. **First** I get washed and then I do my morning exercises if I’m not too lazy on the day. **Then** I get dressed and have breakfast which my mum leaves for me on the kitchen table. **After that** I have some time to relax so I can watch TV, read books or magazines, surf the Net or play computer games.  **However**, more than often I have to do homework because we’ve got lots in our school! On Mondays, Wednesdays and Fridays I have piano lessons so I go there straight after breakfast. Lessons at school start at 2 o’clock this year but there’s no rush because I live not far from school. We have 6 lessons every day which is a bit tiring. I get home at about 7 and have dinner with my family. After that I’d like to relax and do nothing but homework and the chores wait for me! At the end of the long and tiring day I go to bed.

**To add to it**, just like any other teenager I’ve got some chores to do. I have to tidy my room every other day and my mum insists on keeping it neat and clean. **To tell the truth**, that’s my only duty but it takes a long time to do because I’m rather messy. However, sometimes my mum asks me to wash the dishes or lay the table. All the other chores she does herself. When I want to make my mum happy or I see that she’s really tired I offer to vacuum the carpets or wash the floors. My mum’s really grateful when I do this!

**Fortunately**, I’ve got my weekends to relax! **Although** my weekend is rather short – I have lessons in the morning on Saturdays, I try to have fun and enjoy at the weekend. **It seems to me** that the best way to relax is to go for a walk with my friends so we do that every Saturday and Sunday. We go to Kirovka, chat, joke, laugh and enjoy the time we spend together. Sometimes we go to the cinema or to the park. In the evenings I spend my time with my family. We discuss family problems, chat, laugh, just like with friends!

**To sum it up**, my life is not an easy one but it’s also not the hardest. I quiet enjoy the way I live.

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**HOW TO MAKE UP A TOPIC**

Each topic should have:

1. **Introduction** (1 paragraph, 3-5 sentences)
2. **Main** **body** (3 paragraphs, 3-5 sentences each – use the options given!)
3. **Conclusion** (1 paragraph, 3-5 sentences)

The **introduction** to a topic should express the ideas people generally have about the topic. It can contain one or several of the following phrases:

*It’s common knowledge that …*

*It’s well-known that …*

*It has long been known that …*

*To the best of our knowledge,…*

*It goes without saying that …*

*No doubt that…*

*There is no need to say that …*

*… is really important in our lives.*

*… is an essential part in our lives.*

*… plays an important/vital/key/prominent/major role in our lives.*

*Not all people … but most people …*

The **main body** should develop the ideas of the 3 options given to you. Don’t forget to use the linking phrases:

To express you opinion:

*I think…/ It seems to me… / Personally, I believe …./ From my point of view…/in my opinion…/ In my view…*

*To list the points:*

*Firstly,/ First of all,/ Secondly, / Moreover,/ Besides, To add to it, / What’s more, …/Finally,/ In a word,/ In a nutshell,/*

*To contrast the ideas:*

*On the one hand … On the other hand… / However,/*

*The* ***conclusion*** *should express your own ideas about the topic, you personal opinions and attitudes and should summarize what you’ve said in the main body. You can use the following phrases to summarize the ideas:*

*In the conclusion I would like to say that …*

*So, to sum it up,…*

*Summing it up, …*

*To make a long story short, ….*

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