LESSON 8



The Perfect Home Trap

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1 WARM-UP
rozgrzewka

First impressions

Imagine you're visiting someone's home for the first time. What do you notice first? Choose THREE things. Explain why.

- ☐ The smell
- ☐ The atmosphere
- ☐ The furniture
- ☐ The decorations
- ☐ How clean it is
- ☐ How tidy it is
- ☐ The size of the house
- ☐ How friendly the host is

Discuss:

1. What do you notice first when you visit a friend's home?

2. What do you think people notice when they visit your home?

3. Do you prefer modern homes or cozy homes? Why?

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2 WARM-UP

rozgrzewka

Are you ready for guests?

Do you agree or disagree with these statements? Explain your answers.

1. I always clean my home before guests arrive.

2. I don't like unexpected visitors.

3. I prefer meeting friends in a café.

4. I sometimes say sorry for the mess in my home.

5. I feel more comfortable in a cozy home than in a perfect one.

6. I always bring something when I visit someone's home.

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3 WORD BANK

słowniczek

Before reading the article, take a look at the vocabulary below.

social-media-perfect / Instagram-perfect / Pinterest-perfect	— idealny jak z mediów społecznościowych / Instagrama / Pinteresta
get over sth	— przezwyciężyć coś
house shame	— wstyd związany z wyglądem własnego domu lub mieszkania
invite people over / invite people in	— zaprosić ludzi do siebie / zaprosić ludzi do środka
interior designer	— projektant wnętrz
feel embarrassed about sth	— wstydzić się czegoś, czuć się zakłopotanym z powodu czegoś
compare sth to sth else	— porównywać coś z czymś innym
worry about sth	— martwić się czymś, przejmować się czymś
it isn't good enough	— to nie jest wystarczająco dobre
be ashamed of sth	— wstydzić się czegoś
she has gone through a difficult time	— przeszła przez trudny okres
fix up her home	— odnowić, wyremontować swój dom
speaking of...	— a skoro mowa o..., mówiąc o...
used to + verb	— kiedyś coś robić (regularnie lub przez pewien czas, ale już nie)
make sth worse	— pogorszyć coś
make your home look nice	— sprawić, żeby dom ładnie wyglądał
suggest doing sth	— sugerować, proponować zrobienie czegoś
get rid of things you don't need	— pozbyć się rzeczy, których nie potrzebujesz
be covered with sth	— być czymś pokrytym, zastawionym
remove sth	— usunąć coś, zabrać coś
it was such a mess	— był tam straszny bałagan
good manners	— dobre maniery, dobre wychowanie
feel welcome	— czuć się mile widzianym
instead of sth / doing sth	— zamiast czegoś / zamiast coś robić
pay attention to sth	— zwracać na coś uwagę
good lighting	— dobre oświetlenie
make a big difference	— mieć duże znaczenie, zrobić dużą różnicę
freshen up your entrance with sth	— odświeżyć wejście do domu za pomocą czegoś
where the memories are made	— miejsce, w którym tworzą się wspomnienia
have people over	— przyjmować gości u siebie
drop by	— wpaść z wizytą, zajrzeć do kogoś
the more, the merrier	— im nas więcej, tym weselej
don't mind the mess	— nie przejmuj się bałaganem
point out sth	— zwrócić na coś uwagę, wskazać coś
she kept pointing out that...	— ciągle zwracała uwagę na to, że...
keep doing sth	— ciągle coś robić, kontynuować robienie czegoś
host	— gospodarz, gospodyni (osoba przyjmująca gości)
post videos	— publikować, zamieszczać filmy
old-fashioned furniture	— meble w starym stylu
cups that don't match	— niepasujące do siebie kubki lub filiżanki
get lots of likes	— zdobyć dużo polubień

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4 ARTICLE

artykuł

Read the article: "So your home's not social-media perfect? How to get over 'house shame' and invite people in" adapted from: apnews.com By LEANNE ITALIE, April 14, 2025

Robbie Randolph is an **interior designer**. He works with beautiful homes, but even he sometimes **feels embarrassed about** his own house.

There's a name for this feeling: **house shame**.

It happens when people **compare their homes to** the perfect houses they see on Instagram or Pinterest. They start to **worry about** what other people think.

Some people feel so bad that they stop **inviting friends over**.

Randolph says that even people with beautiful homes sometimes aren't happy with them. When he sees amazing houses online, he starts thinking his own home **isn't good enough**.

The scary side of house shame

For some people, house shame is a serious problem.

Randolph knows a woman who is **ashamed of** her house. She doesn't want anyone to visit her. **She has gone through a difficult time** and doesn't have the money or energy to **fix up her home**.

Sometimes the problem isn't just the house. It's also about what's happening in someone's life.

Speaking of Martha Stewart ...

Barbara Fight **used to** work with Martha Stewart. Now she helps people organize their homes.

She believes social media **makes house shame worse**. People see beautiful homes online and think their own homes should look the same.

But you don't need to spend a lot of money to **make your home look nice**.

Fight says people often have too many things. She **suggests getting rid of things they don't need**.

One woman had a beautiful table, but it was **covered with** decorations. Fight **removed** most of them. In just 15 minutes, the table looked much better.

She also met a young woman who didn't want to bring her fiancé to her parents' house because **it was such a mess**.

A perfect home isn't necessary

Jamila Musayeva writes books about **good manners** and having guests at home.

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She says guests don't need a perfect home. They just want to **feel welcome**.

Instead of cleaning every room, **pay attention to** the rooms your guests will use.

A clean bathroom, **good lighting** and a comfortable sofa can **make a big difference**.

You can also **freshen up your entrance with** flowers or a candle.

Where the memories are made

Wendy Trunz grew up in a small house. Her mother loved **having people over**.

Friends and family could **drop by** at any time. Her mother always said, "**The more, the merrier**!"

She also told guests, "**Don't mind the mess**."

Today, Wendy helps people organize their homes. She remembers a family who couldn't eat at their dining table because it was full of things. After they cleaned it, they could enjoy meals together again.

But not all guests are kind. Wendy remembers a woman who invited friends for dinner. One guest **kept pointing out that** she had only one bathroom.

The **host** decided not to invite that person again.

Finally, Grant Magdanz **posts videos** of his grandmother's home. It has **old-fashioned furniture** and **cups that don't match**.

One video **got lots of likes**.

His home isn't **Instagram-perfect**, but it's a happy place full of memories.

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5 POST-READING TASKS

zadania po przeczytaniu

Choose the correct answer (A, B or C) based on the article.

1. **People sometimes feel house shame because...**
   - ◯ **A.** their friends don't visit them.
   - ◯ **B.** they compare their homes to beautiful homes online.
   - ◯ **C.** they don't like living in houses.

2. **Robbie Randolph says that...**
   - ◯ **A.** even people with beautiful homes can feel unhappy with them.
   - ◯ **B.** interior designers never feel house shame.
   - ◯ **C.** social media makes people happier with their homes.

3. **Barbara Fight suggests...**
   - ◯ **A.** buying more furniture.
   - ◯ **B.** moving to a bigger home.
   - ◯ **C.** getting rid of things you don't need.

4. **Jamila Musayeva believes that...**
   - ◯ **A.** guests need expensive food.
   - ◯ **B.** a home should feel comfortable and welcoming.
   - ◯ **C.** every room must be perfectly clean.

5. **Wendy's mother...**
   - ◯ **A.** often invited people into her home.
   - ◯ **B.** didn't like unexpected visitors.
   - ◯ **C.** only invited close family.

6. **The guest in Wendy's story...**
   - ◯ **A.** loved the food.
   - ◯ **B.** helped clean the house.
   - ◯ **C.** made negative comments about the bathroom.

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5 POST-READING TASKS

zadania po przeczytaniu

The House Shame Stories

Read the four situations from the article. Which one is the most surprising? Which one can you understand best? Explain why.

A The interior designer

Robbie works with beautiful homes, but he sometimes feels unhappy with his own house.

B The embarrassed daughter

A woman doesn't want to bring her fiancé to her parents' house because it's too messy.

C The welcoming mother

Wendy's mother has a small house, but people can visit whenever they want.

D The critical guest

A guest complains because the host has only one bathroom.

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6 FOLLOW-UP DISCUSSION

porozmawiajmy

Discuss the questions. Give examples from your own experience.

1. Do you think people worry too much about what their homes look like? Why?

2. What should guests never say or do when they visit someone's home?

3. Do you think social media makes people feel bad about their homes? Why or why not?

4. What is more important when you visit someone: a beautiful home, good food or a friendly host? Why?

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Too / Enough

WE USE **TOO** AND **ENOUGH** TO TALK ABOUT WHETHER SOMETHING IS MORE OR LESS THAN WE NEED.

Używamy too i enough, kiedy chcemy powiedzieć, że czegoś jest za dużo, za mało albo wystarczająco dużo.

1. TOO + ADJECTIVE

We use too + adjective when something is more than we want or need. It usually describes a problem.
Używamy tej konstrukcji, kiedy coś jest zbyt jakieś i stanowi to problem.

- **My apartment is too small for a big party.** – *Moje mieszkanie jest za małe na dużą imprezę.*
- **This sofa is too expensive.** – *Ta kanapa jest za droga.*
- **The music is too loud.** – *Muzyka jest za głośna.*

2. ADJECTIVE + ENOUGH

We use adjective + enough when something has the quality we need.
Używamy tej konstrukcji, kiedy coś jest wystarczająco jakieś.

- **My living room is big enough for six people.** – *Mój salon jest wystarczająco duży dla sześciu osób.*
- **The kitchen isn't clean enough for guests.** – *Kuchnia nie jest wystarczająco czysta na przyjęcie gości.*
- **This chair is comfortable enough.** – *To krzesło jest wystarczająco wygodne.*

Remember: Enough comes after an adjective. *Pamiętaj: enough stawiamy po przymiotniku.*

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3. TOO MUCH / TOO MANY

We use too much with uncountable nouns and too many with countable plural nouns.
Używamy too much z rzeczownikami niepoliczalnymi, a too many z rzeczownikami policzalnymi w liczbie mnogiej.

- **There's too much furniture in this room.** – *W tym pokoju jest za dużo mebli.*
- **There are too many decorations on the shelves.** – *Na półkach jest za dużo dekoracji.*
- **I spend too much time cleaning before guests arrive.** – *Spędzam za dużo czasu na sprzątaniu przed przyjściem gości.*

4. ENOUGH + NOUN

When we use enough with a noun, it comes before the noun.
Kiedy enough występuje z rzeczownikiem, stawiamy je przed rzeczownikiem.

- **We have enough chairs for everyone.** – *Mamy wystarczająco dużo krzeseł dla wszystkich.*
- **I don't have enough space for a dining table.** – *Nie mam wystarczająco dużo miejsca na stół.*
- **There's enough food for all our guests.** – *Jest wystarczająco dużo jedzenia dla wszystkich gości.*

QUICK RECAP

Structure	Example
too + adjective	The room is too small.
adjective + enough	The room isn't big enough.
too much + uncountable noun	There's too much furniture.
too many + plural noun	There are too many chairs.
enough + noun	We have enough space.

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7 SPOKEN GRAMMAR

gramatyka w mówieniu

Speaking task – Is It Really a Problem?

Imagine you're getting ready to have guests over. Look at the situations below. What problems might you have? What could you do about them? Use too, too much, too many and enough.

EXAMPLE

A tiny living room

You're inviting eight friends over.

My living room is too small for eight people. There isn't enough space for everyone to sit comfortably. I could move some furniture or bring extra chairs from the kitchen.

Now it's your turn!

1. **A crowded dining table** – There are decorations and other things everywhere.

2. **A small kitchen** – You want to prepare dinner for six people.

3. **A full wardrobe** – You have nowhere to put your guests' coats.

4. **A messy apartment** – Your friends are arriving in 20 minutes.

5. **A big family dinner** – You're preparing everything on your own.

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8 VOCABULARY PRACTICE

ćwiczymy słownictwo

Translate the sentence fragments from Polish into English.

1. I sometimes _____ *(wstydzę się)* my English when I speak to native speakers.
2. She _____ *(przeszła przez trudny okres),* so she needs some time to recover.
3. We need to _____ *(pozbyć się)* some old furniture before moving.
4. A few small changes can _____ *(mieć duże znaczenie)* when you're learning a new language.
5. I always _____ *(zwracam uwagę na)* reviews before booking a hotel.
6. My parents _____ *(kiedyś mieszkali)* in a small apartment in the city center.
7. She _____ *(ciągle narzeka)* about her neighbors, and it's getting annoying.

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8 VOCABULARY PRACTICE

ćwiczymy słownictwo

Fill in the gaps with the correct words or phrases.

pointed out	such a mess	drop by	made worse	covered with	got lots of likes
the more, the merrier	suggested going	freshened up	feel welcome		

1. You don't have to call first. Just _____ whenever you're in the neighborhood!
2. The kitchen table was completely _____ dirty dishes and empty cups.
3. We _____ the living room with a few flowers before our guests arrived.
4. My friend _____ to a new café, so we decided to try it.
5. When my sister asked if she could bring two more friends, I said, " _____ !"
6. My brother _____ that I'd left the front door open.
7. My bedroom was _____ that I couldn't find my phone anywhere.
8. The friendly host made everyone _____ from the moment they arrived.
9. Her video of her new apartment _____ on Instagram.
10. The situation was already difficult, but his rude comments _____ it _____ .

9 QUIZLET

Practice the words and phrases from today's lesson using flashcards in Quizlet.

THE PERFECT HOME TRAP - FLASHCARDS

Click here!

You can also scan the QR CODE!

Choose 5 new expressions and try to use them in your own sentences in class!

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ANSWER KEY

odpowiedzi

CHOOSE THE CORRECT ANSWER (A, B OR C) BASED ON THE ARTICLE.

1. **B**
2. **A**
3. **C**
4. **B**
5. **A**
6. **C**

TRANSLATE THE SENTENCE FRAGMENTS FROM POLISH INTO ENGLISH.

1. feel embarrassed about
2. has gone through a difficult time
3. get rid of
4. make a big difference
5. pay attention to
6. used to live
7. keeps complaining

FILL IN THE GAPS WITH THE CORRECT WORDS OR PHRASES.

1. **drop by**
2. **covered with**
3. **freshened up**
4. **suggested going**
5. **the more, the merrier**
6. **pointed out**
7. **such a mess**
8. **feel welcome**
9. **got lots of likes**
10. **made / worse**

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