

Things I've Tried and What I've Learnt (Present Perfect)

Intermediate (B1-B2)



Part 1. Look at the list below. Rank them from 1 (least scary) to 6 (most scary). Then discuss the questions.

1. Trying a new café alone
2. Travelling alone
3. Starting a new job
4. Moving to another country
5. Posting something personal online
6. Saying no to someone

Discuss:

- Which of these have you done?
- Which would you still like to try?



Part 2. Read the text and answer the questions.

"This year, I've tried a few new things. I've started waking up earlier, I've joined a boxing class, and I've said yes to more invitations. I haven't changed my whole life, but I've realised that small risks make me more confident. I've also learnt that I don't enjoy everything I try – and that's fine."

1. Is the writer talking about a specific time in the past?
2. Do we know exactly when these things happened?
3. What has the writer learnt?

Part 3. Look at the sentences from the text and discuss the questions.

- **I've tried a few new things.**
- **I've started waking up earlier.**
- **I haven't changed my whole life.**
- **I've realised something important.**

Discuss:

- Are these finished past moments, or experiences connected to now?
- Why does the writer use "have/has + past participle"?
- What is the difference between:
a) I tried boxing.
b) I've tried boxing.

Part 4. Work with a partner. Take turns asking and answering the questions below.

Have you ever:

1. Changed your mind about something important?
2. Quit something and felt relieved?
3. Tried a habit that didn't work?
4. Done something outside your comfort zone?

If your partner answers "Yes, I have," ask a follow-up question:

- What happened?
- What did you learn?

Part 5. Complete the sentences so they are true for you.

1. I've been interested in _____ for _____.
2. I've known _____ since _____.
3. I've wanted to change _____ for _____.
4. I've lived in _____ since _____.

Part 6. Work in pairs. Imagine something has just happened in your life. It can be small or dramatic. Write or say two short "news" sentences using the present perfect and share your news with your partner.

Example:

Student A says:

I've just signed up for a photography course.

Student B reacts:

That sounds interesting. Have you always liked photography?

Student A continues (using past simple for detail):

I signed up yesterday after work. I've wanted to do something more creative for a while.

Part 7. Read the situations and choose been or gone. Then explain why.

1. Where's Maria? She's _____ to the supermarket.
2. I've _____ to Rome three times in my life.
3. Don't call Tom. He's _____ to bed.
4. She's _____ to Thailand before, but she isn't there now.
5. They've _____ to Spain for two weeks. They'll be back next Monday.

After checking your answers, discuss:

- What is the difference between "been" and "gone"?

Part 8. Think about all the things you've talked about today. Choose one experience that changed you in some way. Prepare to explain:

- What you've done
- Why you decided to try it
- What you've learnt
- Whether you would recommend it

REFLECTION

Complete the sentences with your own ideas.

1. Before today, I didn't often say "I've..." to talk about _____.
2. Now I feel more confident talking about _____.
3. One sentence I've said today that felt natural was _____.
4. One experience I haven't talked about yet is _____.