

# Wishes for Wellbeing

Intermediate (B1-B2)



# **WARM-UP DISCUSSION**

# Discuss the questions below.

- 1.If only you ate healthier food, how might you feel?
- 2.Do you wish you exercised more regularly? Why or why not?
- 3. If only people got more sleep, what benefits would they experience?
- 4.Do you wish your lifestyle was less stressful?

# I WISH/IF ONLY EXPLANATION

We can use wish and if only to talk about things we regret or want to be different.

1. Talking about the present (unreal situations):

Use wish/if only + past simple to talk about something you would like to be different now.

- I wish I ate more vegetables.
- If only I didn't feel so tired all the time.
- 2. Talking about the past (regrets):

Use **wish/if only + past perfect** to express regret about something that happened (or didn't happen) in the past.

- I wish I had gone to the gym yesterday.
- If only I hadn't stayed up so late.
- 3. Expressing annoyance:

Use **wish + would/wouldn't** when you're annoyed by a repeated behaviour or something you want to change (but likely won't).

- I wish my neighbour wouldn't smoke near my window.
- I wish people would drink fewer energy drinks.

### **EXERCISE 1**

Complete the sentences using wish or if only and the correct verb form.

1.1 wish I	(get) more than five hours of sleep last night.
2.If only I	(not/eat) that second slice of cake.
3.1 wish I	(be) more motivated to exercise.
4.If only my boss	(understand) how stressed we are.
5.I wish I	(bring) my water bottle to yoga class.
6.If only people	(take) mental health more seriously.
7.I wish I	(not/skip) breakfast this morning.
8.If only my flatmate	(not/leave) junk food everywhere.

# **EXERCISE 2**

# Rewrite the following situations using wish or if only.

1. I don't have time to cook healthy meals.		
2. I felt really anxious before the appointment.		
3. I forgot to take my vitamins today.		
4. My partner doesn't support my healthy habits.		
5. I didn't go outside at all this weekend.		
6. I snack on crisps every night.		
7. My back hurts because I sit all day.		
8. I never drink enough water.		
EXERCISE 3 - EXPRESSING ANNOYANCE		
Use wish + would/wouldn't and choose a suitable verb to complete the sentences.		
1.I wish people about their miracle diets.		
2.I wish my friend sugary snacks all the time.		
3.I wish it every time I go for a run.		
4.I wish my flatmate all night—I can't sleep!		
5.I wish the lift in my building for once.		
6.I wish my colleagues their colds to work.		

### **SPEAKING**

## Discuss the following questions using the structures you have learnt today.

- 1. What's one health habit you wish you had started earlier in life?
- 2.Do you ever wish you lived somewhere else for your physical or mental health? Why?
- 3.If only people focused more on their mental well-being—what difference would it make in society?
- 4.1s there a wellness trend you wish would disappear forever? Why?
- 5.Do you wish you had more support from friends or family when it comes to your health?
- 6.If only you had a free wellness coach for a year, what would you want to focus on?

# **PERSONAL REFLECTION**

# Write 3 personal sentences using the structures you have learnt today.

1.A present wish about your health:
2.A regret about something health-related in the past:
3.An annoyance about someone else's habits: