



Teacher's guide

First/Second Conditionals – Intermediate (B1-B2)

Editable Worksheet Link: [🌐 Student Worksheet: First/Second Conditionals](#)

What are first and second conditionals?

Students read what first and second conditionals are. Elicit a few personalised examples from students and be prepared to give explanations to students who are confused at this point.

Exercise 1

Students complete the sentences with the correct form of the verb in brackets.

Answer key:

1. drink
2. slept
3. would have
4. feel
5. wouldn't get
6. were
7. will try
8. didn't sit
9. will book
10. would you go

Exercise 2

Students complete the sentences using the correct conditional form. Emphasise the difference in meaning.

Answer key:

1. went / would have
2. starts / will feel
3. ate / would concentrate
4. continue / will gain
5. rained / would stay
6. weren't / would sleep
7. didn't share / wouldn't spend
8. were / would get

Exercise 3

Students decide if each situation is possible (1st conditional) or hypothetical (2nd conditional) and create conditional sentences using modal verbs where appropriate.

Suggested answers (will vary):

1. If I eat more vegetables, I will feel healthier. (P)
2. If I had more time to relax, I would feel less stressed. (H)
3. If I drink too much coffee, I might feel anxious. (P)
4. If I take a walk every day, I will improve my mood. (P)
5. If I were a professional athlete, I would train every day. (H)

6. If I stopped using social media at night, I might sleep better. (H)
7. If I never got sick, I could travel all the time. (H)
8. If I joined a mindfulness retreat, I would feel more peaceful. (H)
9. If I got 10 hours of sleep a night, I would feel amazing. (H)
10. If I forget my water bottle, I might get dehydrated. (P)

Speaking

Students use questions to practise using the correct conditional form. Monitor and note common errors for feedback.