



Teacher's guide

Wishes for Wellbeing – Intermediate (B1-B2)

Warm-up discussion

Students discuss the four questions. Encourage full-sentence answers and brief elaboration. Monitor for correct structure use (e.g. "I wish I ate healthier" vs. "I wish I eat healthier").

I wish/if only explanation

Review and clarify these three structures before Tasks 1–3. Provide extra examples if needed. Highlight how verb tense shifts depending on whether we're referring to the present, past, or a repeated action/annoyance.

Exercise 1

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

Answer key:

1. I **wish** I **had got** more than five hours of sleep last night.
2. If only I **hadn't eaten** that second slice of cake.
3. I **wish** I **were / was** more motivated to exercise.
4. If only my boss **understood** how stressed we are.
5. I **wish** I **had brought** my water bottle to yoga class.
6. If only people **took** mental health more seriously.
7. I **wish** I **hadn't skipped** breakfast this morning.
8. If only my flatmate **didn't leave** junk food everywhere.

Exercise 2

Students rewrite the situations using wish or if only.

Answer key:

Suggested answers (will vary):

1. I wish I had time to cook healthy meals.
2. If only I hadn't felt so anxious before the appointment.
3. I wish I hadn't forgotten to take my vitamins today.
4. I wish my partner supported my healthy habits.
5. If only I had gone outside this weekend.
6. I wish I didn't snack on crisps every night.
7. I wish I didn't sit all day—my back wouldn't hurt so much.
8. If only I drank more water.

Note: Accept variations as long as the structure is correct.

Exercise 3

Students use wish + would/wouldn't and choose a suitable verb to complete the sentences.

Answer key:

1. I wish people **would stop talking** about their miracle diets.
2. I wish my friend **wouldn't eat** sugary snacks all the time.
3. I wish it **wouldn't rain** every time I go for a run.
4. I wish my flatmate **wouldn't play loud music** all night—I can't sleep!
5. I wish the lift in my building **would work** for once.
6. I wish my colleagues **wouldn't come to work with** their colds.

Speaking

Students discuss the questions using the structures learnt in the lesson.

Personal reflection

Learners write three sentences using today's grammar. You may collect these to assess understanding or use them for a short peer feedback session.