First/Second Conditionals

Intermediate (B1-B2)

WHAT ARE FIRST CONDITIONALS?

We use the first conditional when we talk about future situations we believe are real or possible.

Structure

If/when + present simple, will + infinitive

Instead of **will,** we can use other modal verbs such as **can, might, may, must,** and **should.**

Examples

If I get more sleep, I will feel better.

If it doesn't rain tomorrow, we'll go for a run.

When I finish working out, I'll call you.

WHAT ARE SECOND CONDITIONALS?

We use the second conditional to imagine present or future situations that are impossible or unlikely in reality.

Structure

If + past simple, would + infinitive

Instead of **would,** we can use other modal verbs such as **could** or **might.**

Examples

If I exercised more, I would have more energy.

I would be calmer if I meditated.

If I were you, I would drink more water.

EXERCISE 1

Complete the sentences with the correct form of the verb in brackets.

1. If you _____ (drink) more water, your skin will look better.
2. If I _____ (sleep) eight hours a night, I would feel amazing.
3. If people ate less sugar, they _____ (have) fewer health issues.
4. When I _____ (feel) stressed, I go for a walk.
5. If I had a regular routine, I _____ (not/get) so tired.
6. If my gym _____ (be) closer, I'd go every day.
7. If I see a healthy recipe online, I _____ (try) it.
8. If I _____ (not/sit) so much at work, my back wouldn't hurt.
9. I _____ (book) a yoga class when I finish work.
10. Where _____ (you/go) if you wanted a relaxing holiday?

EXERCISE 2

Complete the sentences using the correct conditional form.

1. You've been feeling tired lately. → If I _____ (go) to bed earlier, I _____ (have) more energy.
2. Sarah is thinking about taking up meditation. → If Sarah _____ (start) meditating, she _____ (feel) calmer.
3. James never eats breakfast. → If James _____ (eat) in the morning, he _____ (concentrate) better.
4. You're eating too much fast food. → If I _____ (continue) like this, I _____ (gain) weight.
5. It's a beautiful sunny day. → If it _____ (rain), I _____ (stay) inside.
6. My job is really stressful. → If my job _____ (not/be) so stressful, I _____ (sleep) better.
7. My best friend and I love hiking. → If we _____ (not/share) this hobby, we _____ (not/spend) so much time together.
8. Mental health support is limited. → If it _____ (be) more accessible, people _____ (get) help sooner.

EXERCISE 3

Write a conditional sentence for each situation. Decide if it is possible (1st conditional) or hypothetical (2nd conditional). Use modal verbs like can, might, should, must where appropriate.

1. You start eating more vegetables.

2. You had more time to relax.

3. You drink too much coffee.

4. You take a walk every day.

5. You were a professional athlete.

6. You stopped using social media at night.

7. You never got sick.

8. You joined a mindfulness retreat.

9. You got 10 hours of sleep a night.

10. You forgot your water bottle today.

SPEAKING

Use the questions below to practise using the correct conditional form.

First Conditional: Possible Situations

Diet & Lifestyle

1. If you eat better this week, how will you feel?
2. If you cut down on sugar, what will happen?

Exercise

3. If you go for a walk every morning, how will it help?
4. If you try a new fitness class, what will you do after?

Mental Well-being

5. If you talk to someone about stress, how will it help?
6. If you get outside in nature, what will your mood be like?

Second Conditional: Hypothetical Situations

Healthy Habits

1. If you could change one habit, what would it be?
2. If you had a personal trainer, how would your routine change?

Well-being Dreams

1. If you lived in a peaceful village, how would it affect your stress levels?
2. If you could create a health app, what would it include?

Global Health

1. If everyone walked more, how would cities change?
2. If you could improve one aspect of public health, what would you do?