



Name: _____ Class: _____ Date: ____/____/____

UNIT 7 - Extra Practice

1. Complete the conditional sentences type 1.

Do you want to improve your positive attitude? Check these ideas!

1. If you _____ (be) more mindful, you _____ (avoid) worrying about any unpredictable problem in the future.
2. You _____ (not overcome) a negative experience if you just _____ (focus) on the past.
3. If you _____ (want) to be more resilient, you _____ (find) that keeping a gratitude journal is very helpful.
4. If you _____ (recognise) your strength, you _____ (use) it to cause more positive things.
5. You _____ (become) more optimistic if you _____ (keep) an open mind to positive thoughts.

2. Use the prompts to write conditional sentences type 1.

1. I / watch horror films / I / have nightmares

2. Steve / play video games until late / he / not sleep well

3. Laura / not go to bed early / she / not finish her project

4. Alex / not do yoga in the morning / he / not be relaxed during the day

5. you / not keep a light on / my little brother / be afraid of the dark

6. my mum / not have a good day / she / do meditation at night

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3. Complete these conditional sentences (type 1 or zero) with your own ideas.

1. If I have a party tonight, _____.
2. If I send a message to the wrong person, _____.
3. If I don't pass my final exam, _____.
4. My parents often give me some spending money if _____.
5. If I stay at home this evening, _____.
6. I feel a bit worried if _____.

4. Write the sentences with the correct underlined words.

1. I'm not going nowhere tonight.

2. She saw anything strange in the woods.

3. I couldn't hear nothing because of the noise.

4. She lives anywhere in the state of New York.

5. She didn't say nothing about the incident.

6. I'm sure Bill knows at least anyone in my family.



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5. Complete the sentences using suitable compounds with *some*, *any* or *no*.



1. She wants _____ to eat but she can't find _____ in the fridge. There's _____ in it!



2. He needs to go _____ quiet. He didn't know _____ about the concert and he thought that there wouldn't be _____ at the club on Monday.



3. He needs _____ to help him carry all the books but there's _____ at home.



4. They're waiting for _____ to arrive. They don't have _____ to do and they're bored.

6. Match the sentence halves.

- | | |
|---|-----------------|
| 1. Kayla has lived abroad for about five years, ... | [] is it? |
| 2. Emily and Lucy study French twice a week, ... | [] didn't we? |
| 3. Andrew goes to school by bike, ... | [] won't she? |
| 4. Megan will pass the test, ... | [] hasn't she? |
| 5. It isn't a good time to talk, ... | [] aren't I? |
| 6. You're going on holiday next week, ... | [] don't they? |
| 7. I'm sitting next to you at the ceremony, ... | [] doesn't he? |
| 8. We sent all the invitations yesterday, ... | [] aren't you? |



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7. Choose one of the pictures and imagine you had one of these dreams. Write a description using the questions below to help you. Try to use some compounds with *some*, *any* or *no*.



Where were you? Why?
Who were you with?
What happened?
How did you react?
What did you do?
Was it a funny dream
or a nightmare?
