

## GRAMMAR

## First conditional with different conjunctions &amp; modals

- 1 Complete the blog with the correct form of the verbs and *if*, *unless* or *when*.

## This week's hot topic: stress!

- 1 **When / Unless** you're a really chilled person, you  
 2 \_\_\_\_\_ (know) what stress is.  
 It affects us all at some point or another ☹️. Your heart beats a little faster, you get a headache and maybe you feel a bit sick. Don't worry, it's all perfectly normal. 3 **If / Unless** you  
 4 \_\_\_\_\_ (follow) this advice, you'll feel a lot better.
- 5 **If / Unless** you recognize the symptoms, you  
 6 \_\_\_\_\_ (not be able) to do anything about it.
  - So, now that you've recognized that you're feeling stressed, take a deep breath and count to ten: 7 **when / unless** you do this, you 8 \_\_\_\_\_ (feel) calmer already.
  - 9 **If / Unless** you 10 \_\_\_\_\_ (slow) down your breathing, you won't be able to think clearly or calm down.
  - 11 **If / Unless** you find it difficult to breathe more slowly, you 12 \_\_\_\_\_ (have to) practise a bit.

It all takes time, but practice makes perfect. Go on – give it a go!

- 2 Complete the dialogue with the verbs and conjunctions from the box.

as soon as get home not go if print  
 text unless until (x2) want

- Eve: Rob, can you remind me when our flight leaves next Saturday?  
 Rob: Sure. I'll text you 1 \_\_\_\_\_  
 I 2 \_\_\_\_\_.
- Eve: Great, thanks. I won't pack my case 3 \_\_\_\_\_  
 you 4 \_\_\_\_\_ me.
- Rob: Okay, sounds like a plan. But you've got all week to pack.  
 Eve: I know, but I like to be organized. What about the boarding passes?  
 Rob: Don't worry. We can't 5 \_\_\_\_\_  
 them 6 \_\_\_\_\_ we check in online.
- Eve: When do we have to do that? You didn't mention that before.  
 Rob: Well, 7 \_\_\_\_\_ you  
 8 \_\_\_\_\_ to pay another €75,  
 you have to check in 24 hours before the flight. We just have to wait until the day before.
- Eve: Okay, okay. I'd better go now.  
 Rob: Yes, you'd better. 9 \_\_\_\_\_  
 you 10 \_\_\_\_\_ now, you  
 definitely won't be ready by next weekend!

- 3 Look at the pictures. Write first conditional sentences with the prompts in the box.

I / not leave the house / get better  
 my little sister / not eat anything / have / ketchup / on it  
 they / not book a holiday / have / enough money  
 we / start the game / rain / stop  
 you / finish your homework / not go / to the party  
 you / not work harder / not get / good results



- 4 Rewrite the sentences with an appropriate modal or imperative in the second half.

- If I get good exam results, it's possible my parents will buy me a new laptop.  
 \_\_\_\_\_
- If you want to feel less stressed, signing up for lots of activities is not the best idea.  
 \_\_\_\_\_
- If it's nice weather at the weekend, maybe we will be able to go for a bike ride ☺️.  
 \_\_\_\_\_
- If my dad gets the new job, there's a possibility we'll move to Rome ☹️.  
 \_\_\_\_\_
- If you want to study medicine, it's essential that you do well in your Science exams.  
 \_\_\_\_\_