



GRAMMAR PRACTICE

Wish and If Only in Health and Wellbeing

Health and Wellbeing | Imagining a different present | Cambridge IGCSE ESL 0511

1. Lead-in discussion

Talk with a partner. You may already use this grammar without noticing it.

No.	Question
1	What do stressed students often wish they had more of?
2	What habit do people wish they could change?
3	What do you wish schools did to support wellbeing?
4	What might someone say if they felt too tired?

2. Grammar in context

Read the text. The bold phrases show the grammar used in a natural topic context.

Talking About Stress and Change

During exam season, many students say, **I wish I had** more time to sleep. Others say, **If only I could manage** stress more calmly.

Some teenagers wish they **didn't spend** so much time on screens at night. They may also wish their school **offered** more quiet spaces for revision and rest.

These phrases do not change the past; they describe an unreal present. A student who feels anxious might say, **I wish I felt** more confident before exams.

3. Notice the pattern

Use wish/if only + past simple to talk about an unreal present situation you would like to change.

Use	Form / signal	Example
Wish + past simple	unreal present	I wish I had more time.
If only	stronger feeling	If only I could relax.
Negative	wish + didn't	She wishes she didn't feel anxious.
Could	ability/possibility	I wish I could manage stress better.

4. Build accurate sentences

Complete each sentence using the grammar focus. Then write two examples of your own.

No.	Prompt	Use	Your answer
1	I / have / more time to sleep.	wish	
2	She / not feel / so anxious.	wishes	
3	Students / can / relax before exams.	if only	
4	Our school / offer / more quiet spaces.	wish	

1. _____

2. _____

5. Use it in exam answers

Complete the tasks using the grammar focus naturally.

Task	What to do
Speaking	Discuss things students wish they could change about stress, sleep or routines.
Writing	Write a short paragraph about wellbeing changes you wish schools made.
Reading	Underline wish/if only structures in the context text.

6. Common mistakes

Correct the mistakes.

No.	Mistake	Your correction
1	I wish I have more time.	
2	She wishes she doesn't feel nervous.	
3	If only students can relax.	
4	I wish our school offers quiet spaces.	

7. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

1. What do students often wish they could change during exams?
2. Do teenagers need more help with sleep and stress?
3. What do you wish schools offered for wellbeing?
4. Is it useful to talk about worries with friends?

Wish and If Only in Health and Wellbeing

4. Build accurate sentences

1. I wish I had more time to sleep.
2. She wishes she didn't feel so anxious.
3. If only students could relax before exams.
4. I wish our school offered more quiet spaces.

Own answers will vary. Check that the grammar focus is accurate and natural.

6. Common mistakes

1. I wish I had more time.
2. She wishes she didn't feel anxious.
3. If only students could relax.
4. I wish our school offered quiet spaces.

Notes for checking

1. Wish + past simple: unreal present - I wish I had more time.
2. If only: stronger feeling - If only I could relax.
3. Negative: wish + didn't - She wishes she didn't feel anxious.
4. Could: ability/possibility - I wish I could manage stress better.