ENGLISH DRILLS | B1 INTERMEDIATE

7-Day English Practice Pack



Student name: _____

One connected activity each day. This pack practises grammar, vocabulary, reading, listening, speaking and organised writing. Complete the final review on Day 7.

Done	Day	Skill	Activity
[ ]	1	Grammar	Present perfect
[ ]	2	Vocabulary	Common collocations
[ ]	3	Reading	The power of small habits
[ ]	4	Grammar	First conditional
[ ]	5	Listening & speaking	A healthier routine
[ ]	6	Writing	Opinion paragraph
[ ]	7	Review	Bring it all together

For teachers: Student activities are on pages 2-9. The listening script and all answers are on pages 10-11. Use one lesson each day, or teach the pack as a short intensive unit.

englishdrills.org/b1-7-day-practice/

DAY 1 | GRAMMAR

Present perfect

A. Complete with have or has and the past participle.

1. I _____ that documentary twice. (watch)
2. Mia _____ her assignment already. (finish)
3. They _____ in this city for five years. (live)
4. Our teacher _____ us some useful advice. (give)
5. We _____ the final decision yet. (not make)
6. Leo _____ three new skills this year. (learn)
7. The weather _____ much warmer this week. (become)
8. You _____ excellent progress. (make)
9. My parents _____ that museum before. (visit)
10. The bus _____ at the station. (just arrive)

B. Choose for or since.

1. I have studied English _____ 2022.
2. She has worked here _____ six months.
3. We have known each other _____ primary school.
4. He has felt tired _____ several days.
5. They have lived overseas _____ last July.

Present perfect - continued

C. Choose the present perfect or past simple.

1. I _____ the course last year. (complete)
2. She _____ her project already. (complete)
3. We _____ that film on Friday. (see)
4. They _____ that film three times. (see)
5. Ben _____ to Wellington in 2024. (move)
6. Ben _____ in Wellington for two years. (live)
7. I _____ the email yet. (not receive)
8. The meeting _____ ten minutes ago. (finish)

D. Write present perfect questions.

1. you / ever / learn / a musical instrument
2. she / finish / the report / yet
3. they / visit / this website / before
4. he / make / a decision

Quick rule

Use the present perfect when the time is unfinished or not stated. Use the past simple with a finished past time such as yesterday, last year or in 2024.



DAY 2 | VOCABULARY

Common collocations

Verb bank: make do take have give keep pay catch set solve

A. Choose the verb that completes each collocation.

1. _____ a decision
2. _____ attention
3. _____ a break
4. _____ progress
5. _____ a problem
6. _____ a goal
7. _____ someone advice
8. _____ your balance
9. _____ an opportunity
10. _____ your best

B. Complete the sentences with a collocation from Part A.

1. Before you choose a course, take time to _____.
2. Please _____ while the teacher explains the task.
3. After studying for an hour, it is helpful to _____.
4. If you practise regularly, you will _____.
5. The team worked together to _____.



DAY 3 | READING

The power of small habits

People often try to improve their lives by making one large change. However, small habits may be more effective because they are easier to repeat. A learner who studies for fifteen minutes every day can make more progress than someone who studies for three hours once a month. The daily action keeps new language active in the mind. One useful method is to connect a new habit to something you already do. For example, you might review five words after breakfast or listen to English while you travel to work. It also helps to prepare the environment. Leaving a notebook on the table makes the next practice session easier to begin. Progress is not always obvious at first. This can make people feel discouraged. Keeping a simple record can show how much work has been completed. Missing one day is not a failure, but it is important to begin again rather than wait for the perfect time. Small actions become powerful when they continue for weeks and months.

Answer the questions.

1. Why may small habits be more effective than one large change?

2. What comparison does the writer make about study time?

3. Why does daily practice help language learners?

4. What does it mean to connect a new habit to an old one?

5. Give one example from the text.

6. How can someone prepare the environment for practice?

7. Why might people feel discouraged at first?

8. What should someone do after missing one day?

DAY 4 | GRAMMAR

First conditional

A. Complete each first conditional sentence.

1. If you practise every day, you _____ more confident. (become)

2. If Mia goes to bed earlier, she _____ less tired. (feel)

3. We _____ the bus if we do not leave now. (miss)

4. If they plan carefully, they _____ the task on time. (finish)

5. He _____ better if he takes a short break. (work)

6. If I remember the new words, I _____ them in class. (use)

7. You _____ progress if you give up too quickly. (not make)

8. If the weather improves, we _____ outside. (exercise)

9. She _____ the test if she checks her work. (pass)

10. If you ask for help, the teacher _____ the question. (explain)

B. Match and complete the ideas.

1. If I finish my work early, ...

2. If I feel nervous before speaking, ...

3. If my plan does not work, ...

4. If I learn ten words this week, ...

C. Write your own first conditional sentence.

1. If _____, _____.

DAY 5 | LISTENING & SPEAKING

A healthier routine

Listening: Your teacher or partner reads the script on page 11 twice. Listen once for the main idea, then again for details. You can also practise online at englishdrills.org/listening/b1-why-sleep-matters/.

A. Listen and answer.

1. What problem has Nina noticed?

2. What time has she usually been going to bed?

3. What two evening habits does Omar suggest changing?

4. What will Nina do with her phone?

5. How many evenings will she try the new routine?

6. How will she record whether the plan works?

B. Give a one-minute opinion.

Topic: Schools should teach students how to build healthy habits.

- My opinion is ...
- My first reason is ...
- For example, ...
- Another reason is ...
- Overall, I think ...

Speaking challenge: Talk for one minute. Record yourself if possible, listen again and improve one sentence.



DAY 6 | WRITING

Opinion paragraph

A. Plan a PEEL paragraph.

Question: Should schools teach students how to build healthy habits?

P - Point

State your main opinion. _____

E - Evidence or example

Give a reason, fact or example. _____

E - Explain

Explain how it supports your point. _____

L - Link

Connect back to the question. _____

B. Write an 8-10 sentence paragraph.

_____

_____

_____

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DAY 7 | REVIEW

Bring it all together

A. Mixed review.

1. I _____ English for three years. (study)

2. She _____ the course last month. (finish)

3. Choose the collocation: make / do a decision.

4. Choose the collocation: pay / give attention.

5. If I practise regularly, I _____ more confident. (become)

6. If he does not sleep enough, he _____ tired. (feel)

7. Write one small habit that can help language learning.

8. Why can recording progress be useful?

9. What will Nina do with her phone at night?

10. Write one present perfect question using ever.

11. Write one first conditional sentence about learning.

12. Give one reason schools should or should not teach healthy habits.

B. My reflection.

I enjoyed: _____

I improved: _____

Next, I will practise: _____



Finished? Well done. Visit englishdrills.org/levels/b1/ for more B1 practice.

Answers: Days 1-4

Day 1 - Present perfect

A. 1 have watched 2 has finished 3 have lived 4 has given 5 have not made 6 has learned / learnt 7 has become 8 have made 9 have visited 10 has just arrived.

B. 1 since 2 for 3 since 4 for 5 since.

C. 1 completed 2 has completed 3 saw 4 have seen 5 moved 6 has lived 7 have not received 8 finished.

D. 1 Have you ever learned / learnt a musical instrument? 2 Has she finished the report yet? 3 Have they visited this website before? 4 Has he made a decision?

Day 2 - Common collocations

A. 1 make 2 pay 3 take 4 make 5 solve 6 set 7 give 8 keep 9 take 10 do.

B. 1 make a decision 2 pay attention 3 take a break 4 make progress 5 solve a problem.

Day 3 - The power of small habits

1 They are easier to repeat. 2 Fifteen minutes daily can be better than three hours once a month. 3 It keeps new language active in the mind. 4 Add the new habit after something you already do. 5 Answers may include reviewing words after breakfast or listening while travelling. 6 Leave materials ready. 7 Progress may not be obvious at first. 8 Begin again.

Day 4 - First conditional

A. 1 will become 2 will feel 3 will miss 4 will finish 5 will work 6 will use 7 will not make 8 will exercise 9 will pass 10 will explain.

B-C. Answers will vary. Check for if + present simple, followed by will + base verb.



Listening script & answers

Day 5 - Read this script twice

Nina: I have felt tired every morning this week, and I cannot concentrate in my first class. Omar: What time have you been going to bed? Nina: Usually after midnight. I watch videos and answer messages before I sleep. Omar: Try turning off the videos earlier and stop checking messages in bed. Nina: I could leave my phone on the desk across the room. Omar: Good idea. Try the new routine for five evenings and keep a short sleep diary. Nina: I will record my bedtime and how I feel the next morning.

Answers: 1 She feels tired and cannot concentrate. 2 After midnight. 3 Stop watching videos earlier and stop checking messages in bed. 4 Leave it on the desk across the room. 5 Five evenings. 6 In a short sleep diary.

Day 6 - Writing guide

Answers will vary. Look for a clear opinion, one developed reason or example, an explanation and a final linking sentence. Accept either position if it is supported clearly.

Day 7 - Mixed review

1 have studied 2 finished 3 make 4 pay 5 will become 6 will feel 7-8 Answers should reflect the reading. 9 Leave it across the room. 10-12 Answers will vary; check the requested form and clear meaning.

Suggested routine: Encourage complete spoken answers, ask follow-up questions and allow more than one correct response when the learner explains their reasoning clearly.