Plan a Stress-Free Week

B2 · Project · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. Which sentence sets a rule?
   Choices: We’re supposed to sleep by eleven. / We slept well. / We like sleeping.

   Answer: _____

2. Which sentence uses the future perfect?
   Choices: By Friday, we’ll have learned to relax. / We relax every day. / We are relaxing.

   Answer: _____

3. Which sentence uses a contrast word?
   Choices: Although it’s busy, we’ll take breaks. / It’s busy and we take breaks because. / Despite busy, take breaks.

   Answer: _____

4. A good stress-free plan includes…
   Choices: sleep, exercise and breaks / more homework / no free time

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. On Monday we’re ___ to take a walk after class.

2. We’re ___ to put phones away at ten.

3. By Friday we’ll ___ learned to relax.

4. ___ it’s a busy week, we’ll take breaks.

3. Your turn.

Write your own answers.

1. List three daily activities for your plan.

3. Your turn. (continued)

2. Write two rules.

3. Write what you will have achieved by Friday.