LESSON 2

LEARNING FROM REGRETS

Past lessons, future choices.



Think. Share. Reflect.
Regrets are a normal part of life. They help us understand our past and make better choices in the future. Work with a partner to complete the activity and share your ideas.

Section 1. Getting Started: Vocabulary and Pronunciation

Expressing Regret and Consequences:

- Admit
- Choices
- Cope with
- Endure
- Evolve
- Impact
- Learn
- Lessons learned
- Mistakes
- Reflect
- Reflection
- Repercussions
- Rue the day
- Turn back the clock
- Weigh the pros and cons
- Wishful thinking
- With a heavy heart

Verbs and Phrasal Verbs:

- Admit
- Learn from
- Move on
- Reflect on
- Regret
- Wish (one had)

Idiomatic Expressions:

- Bite the bullet
- Cry over spilled milk
- Hindsight is 20/20
- Make amends
- Learn from mistakes
- Live with regret
- Turn over a new leaf
- Cross that bridge when you come to it

Pronunciation

Practice the pronunciation of the words in the table, focusing on the common sounds in each group. Repeat the words multiple times, emphasizing the specific sounds to strengthen your pronunciation skills.



Sound	Words
/r/	admit, endure, reflection, rue, regret, and regret.
/th/	think, the, and reflections
/m/	admit, learn, move, and from

LIVEWORKSHEETS

LESSON 2

WARM UP
REGRETS

Learn from yesterday, grow today.



Think. Share. Reflect.
Regrets are a normal part of life. They help us understand our past and make better choices in the future. Work with a partner to complete the activity and share your ideas.

PART 1 | THINK AND WRITE

Read each situation below and think about a time you might have had a similar experience. Write what you regret and what you would do differently now.

SITUATION	WHAT I REGRET	WHAT I WOULD DO DIFFERENTLY NOW
You didn't study enough for a test or an important assignment.		
You didn't spend enough time with family or close friends.		
You didn't take a chance to travel or try something new.		
You said something hurtful to someone.		
You wasted time on things that weren't important.		

PART 2 | DISCUSS

Discuss the questions with your partner.

- Which situation from Part 1 is the biggest regret for you? Why?
- What have you learned from that experience?
- How do regrets help us grow as people?
- Do you think it's better to have regrets or to live without taking risks? Why?
- What advice would you give to someone who has a regret?

LIVEWORKSHEETS

PAST PERFECT



Talking about the past: One action happened before another.

A. INTRODUCTION

The past perfect is used for two actions that occurred at different times in the past. In a past perfect sentence, the first past action (further in the past) uses the **past perfect**, and the second past action (more recent) uses the **simple past**.

	PAST PERFECT
DIAGRAM	6:00 pm (1) She ate dinner. — 8:00 pm (2) I called her. • She **had eaten** dinner by the time I called her. • By the time I called her, she **had eaten** dinner.
FORM	**had** + past participle
FUNCTION	one past action happened before another past action
TIME MARKERS	• by the time • when • before (Note that other time markers such as *yesterday, last, ago, already, just, still,* and *yet* are often additionally used.)
EXAMPLES	• Everyone **had left** by the time I locked up. • I **had** already **sent** an email about the missing stop sign before they fixed it. • By the time my girlfriend woke up, the movie **had ended**. • **Had** you already **heard** the news when I texted you? • They couldn't hand in their group project because one member **hadn't finished** her section yet.

WATCH VIDEO

Remember:
The first action happened earlier!

TIP!

- Use the ***past perfect*** to show that something happened before another action in the past.
- Use time markers like ***by the time***, ***when***, and ***before*** to show the order of events.
- Other time markers such as ***yesterday, last, ago, already, just, still,*** and ***yet*** are often used.
- Practice makes perfect: the more you use it, the more natural it becomes!



LIVEWORKSHEETS

B2 ENGLISH

PAST PERFECT TENSE

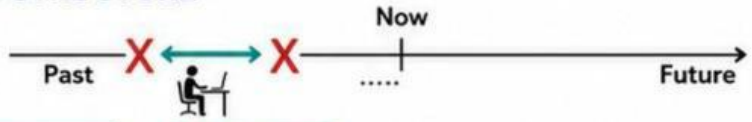
MADE WITH "HAD" + PAST PARTICIPLE



Talks about something completed before a certain time in the past.

THE STRUCTURE

Timeline She had finished her work.



I	had	finished
Subject	had	Past Participle

Time Words

Before	After	By the time
When	Until	Previously

Structure Subject + had + past participle

Examples
- She had finished her work.
- They had visited the museum.
- He had read the book.

Structure Sub + had not + Past Participle

Examples
- She had not completed the project.
- They had not met the new neighbor.
- He had not received the email.

Structure Had + Sub + Past Participle

Examples
- Had she finished her work?
- Had I seen that movie?
- Had we eaten dinner?

USAGE	EXAMPLES
Before another past action	She had left before I arrived.
In storytelling	The sun had set when they reached the beach.
Relevance to a specific past time	He had finished by 6 PM.
Duration leading to a past point in time	He had been working for three hours before the meeting.

GRAMMAR NOTES

1 Note #1

When the dependent (time) clause begins the sentence, we usually use a comma. We don't need a comma when the independent clause begins the sentence. There is no change in meaning.

- **By the time I graduated,** I had made many new business contacts.
- I had made many new business contacts **by the time I graduated.**

2 Note #2

Instead of a dependent clause, we can use an adverb phrase of time (note that a phrase has no subject or past verb). Examples of typical phrases include *by July 2010, by 6:00 last night, by the weekend,* etc.

- **By August 2017,** they had completed the additions to the building.
- She had already left the office **by 2:00 pm yesterday.**

3 Note #3

The past perfect action can be repeated, or there could be multiple actions before the final one.

- **I had texted my son five times** before he got back to me.
- **He had cleaned his room, made dinner, and done his homework** by the time I got home.

4 Note #4

The past perfect is not as common as the simple past. In fact, we can use the simple past instead of the past perfect, especially in informal situations (mostly when a time marker other than "by the time" is used). There is no change in meaning.

- **I had shut down** my computer before I left the house.
- **I shut down** my computer before I left the house. *(more common)*

LIVEWORKSHEETS

MATCHING

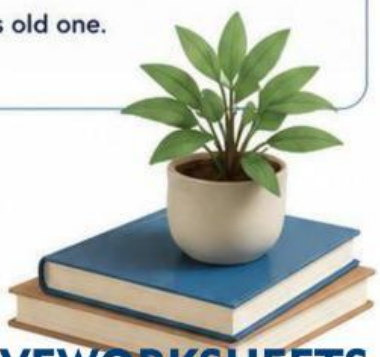
Match the first part of the sentence on the left with the correct ending on the right.



SENTENCE BEGINNINGS		SENTENCE ENDINGS	
___	1. Her plants died because...	a)	she had lost her doll.
___	2. He couldn't buy the new computer because...	b)	she had left her purse at home.
___	3. The kids couldn't fall asleep last night because...	c)	she had already left the office.
___	4. The little girl was crying because...	d)	he hadn't studied at all.
___	5. I didn't have to buy groceries because...	e)	he had spent all his money.
___	6. He failed his exam because...	f)	she had forgotten to set the alarm.
___	7. The man bought a new camera because...	g)	she hadn't watered them.
___	8. My sister couldn't pay for lunch because...	h)	they had watched a scary movie.
___	9. The woman slept late because...	i)	I had gone shopping the day before.
___	10. I couldn't speak to the boss because...	j)	he had lost his old one.

GRAMMAR TIP!

We use past perfect (had + past participle) to talk about the cause of something in the past.



LIVEWORKSHEETS

Unit 1 Past Perfect: Experiences and Results

I can use the past perfect to talk about actions that happened before another action in the past.

LESSON 2



GRAMMAR FOCUS

We use the past perfect (*had* + past participle) for an action that happened before **another** action in **the past.**

FORM	EXAMPLE	USE
(+) ***had*** + past participle	He ***had left*** before I arrived.	We use the past perfect to talk about an action that happened before another action in the past.
(–) ***had not (hadn't)*** + past participle	She ***hadn't seen*** that movie before last night.	
(?) ***Had*** + subject + past participle?	***Had*** you ever ***regretted*** a decision before?	It helps show the order of events.

WATCH VIDEO

1 FILL IN THE BLANKS

Write the past perfect tense of the verbs below the blanks.

Ex. The teacher *had* already *corrected* all the students' tests. (correct)

1. When I got to the house, Mary wasn't there. She _____ already _____ . (leave)
2. I didn't recognize my old classmate because she _____ so much. (change)
3. We missed the beginning of the movie. When we got to the theater, it _____ already _____ . (start)
4. I was very nervous for my first plane trip because I _____ never _____ before. (fly)
5. I couldn't eat much dinner last night because I _____ such a big lunch. (have)
6. I couldn't make dinner yesterday. When I got to the supermarket, it _____ already _____ . (close)
7. Last week, our teacher gave back the essays we _____ the week before. (write)
8. The house was quiet when he got home. Everyone _____ to bed several hours earlier. (go)
9. They got to school late yesterday. The bell _____ already _____ . (ring)
10. Aisha couldn't come to my house last night because she _____ already _____ other plans. (make)
11. We couldn't find the house. It was clear that he _____ us the wrong address. (give)
12. Annie didn't want to come to the movie with us because she _____ it the week before. (see)
13. By the time the police arrived at the bank, the robber _____ already _____ . (escape)
14. I couldn't get into my house last night because I _____ my key. (forget)
15. They _____ just _____ at the resort when they heard about the incoming hurricane. (arrive)

THINK MORE In hindsight, is there something you wish you had done differently? What would you do if you could go back and change one decision? Share your ideas with the class.

LIVEWORKSHEETS

LESSON 2

PAST PERFECT

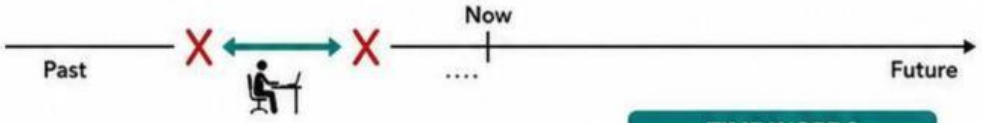
BY THE TIME & ALREADY

Talks about something completed before a certain time in the past.



THE STRUCTURE

We use the past perfect with "by the time" to talk about a past action that happened before another action in the past.



I	had	finished
Subject	had	Past Participle

TIME WORDS

Before	After
By the time	When
Until	Previously

BY THE TIME

We use it to say that something happened before another past action.

ALREADY

We use it to say that something was completed before a specific time in the past.

PRACTICE

BY THE TIME

Use the prompts to make a past perfect sentence with "by the time" and "already."

Ex. I missed my plane. (airport / plane take off)

By the time I got to the airport, the plane had already taken off.

1. I missed the show. (theater / movie start)
2. I couldn't get my prescription. (drugstore / close)
3. I couldn't say goodbye to my friends. (call their house / they leave)
4. I didn't get the job. (I apply / they hire someone else)
5. We couldn't buy the house. (we see / someone else make an offer)
6. The house was destroyed. (the firemen arrive / house burn down)
7. I didn't get to taste her chocolate cake. (I arrive / her children eat whole cake)
8. I didn't see her when she was sick. (I go hospital / she go home)
9. I didn't see the game. (I turn on TV / game finish)
10. I missed my daughter's performance. (I arrive concert / my daughter finish her song)

LIVEWORKSHEETS

LESSON 2

PAST PERFECT
NEGATIVE SENTENCES



Talks about something <u>completed before</u> a certain time in the past.

THE STRUCTURE

We use the past perfect with "had" + past participle to talk about an action completed before another action in the past.



AFFIRMATIVE		
I	had	finished
Subject	had	Past Participle

NEGATIVE		
I	had not (hadn't)	finished
Subject	had not (hadn't)	Past Participle

TIME WORDS

Before | After | By the time | When | Until | Previously

NEGATIVE SENTENCES

In negative sentences of the past perfect, we use **"had not (hadn't)"** + past participle.

- By the time I arrived, I **had not (hadn't) finished** my homework.
- She **hadn't seen** the movie before her friends told her the ending.

Contraction: had not = **hadn't**

PRACTICE

NEGATIVE SENTENCES

Complete the negative sentences using the past perfect tense.

Ex. My house was very dirty when she came over because *I hadn't cleaned it for weeks.*
(I / not clean / for weeks)

1. Joe had to study hard for yesterday's test because _____ .
(he / not do well / the week before)

2. I was worried when she didn't arrive on time because _____ .
(she / not be / late / before)

3. Cala didn't want to go on the school ski trip because _____ .
(she / not ski / before)

4. I didn't recognize Ellen at the party because _____ .
(I / not see / for years)

5. Franco didn't catch the bus because _____ .
(he / not leave / the house / on time)

6. Andy ate a huge supper last night because _____ .
(he / not eat / all day)

7. The farmers' fields were very dry because _____ .
(it / not rain / for weeks)

8. Roberta's hair looked messy last night because _____ .
(she / not comb / all day)

9. Talitha was exhausted yesterday because _____ .
(she / not sleep / well / for several days)

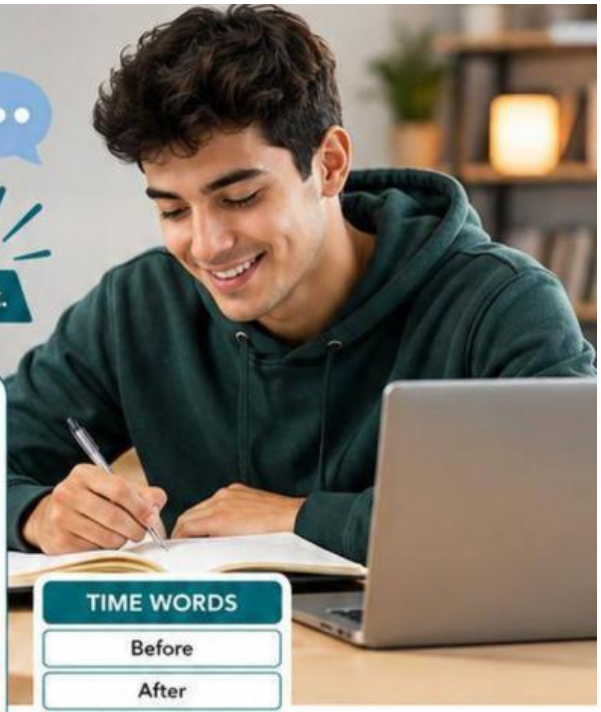
10. I was so happy when I got to the theater because _____ .
(the movie / not start / yet)

LIVEWORKSHEETS

LESSON 2

PAST PERFECT

Talks about something completed before a certain time in the past.



THE STRUCTURE

We use the past perfect tense to talk about an action that was completed before another action in the past.



AFFIRMATIVE		
I	had	finished
Subject	had	Past Participle

NEGATIVE		
I	had not (hadn't)	finished
Subject	had not (hadn't)	Past Participle

TIME WORDS

- Before
- After
- By the time
- When
- Until
- Previously

PRACTICE

Fill in the blanks with appropriate form of the verb given in bracket.

- After I _____ (eat) dinner, I went to bed.
- By the time he arrived, she _____ (already/leave) the party.
- They _____ (never/be) to that restaurant before last night.
- She _____ (finish) her homework before she went to the movies.
- I realized I _____ (forget) my keys at home when I reached the office.
- By the time they _____ (reach) the station, the train _____.
- He _____ (read) the book before he watched the movie adaptation.
- The children _____ (clean) their room before their parents came home.
- She _____ (live) in Paris for five years before she moved to London.
- I _____ (visit) the museum after I _____ about it in a travel guide.
- By the time the guests arrived, the host _____ (prepare) a delicious meal.
- They _____ (study) the lesson before the teacher explained it in class.
- After he _____ (repair) the car, it worked perfectly.
- She _____ (already/see) the movie, so she didn't want to watch it again.
- By the time we got to the beach, the sun _____ (set).
- After they _____ (finish) the project, they celebrated their success.
- I _____ (read) all the books in the series before the new one was released.

LIVEWORKSHEETS

LESSON 2

READING & CONVERSATION

Read each story and then discuss the questions with your partner or group.



THE AMUSEMENT PARK

A. READING

I went to a huge amusement park yesterday. I had never been to one before. I had visited small county fairs with Ferris wheels and merry-go-rounds, but this amusement park had huge roller coasters that went really fast. They even went upside down. I had never ridden a roller coaster before. I had seen them in movies, but I had always thought they looked too scary. When I rode it for the first time, I loved it. I rode it five times in a row! I had also hoped to ride the biggest roller coaster in the park, but the lineups were too long. I had always heard that amusement parks were fun, but I had never imagined I would like them this much.

CONVERSATION QUESTIONS

- Have you ever been to an amusement park? What was it like?
- What kinds of rides do you enjoy the most? Why?
- Would you rather go to an amusement park or a water park? Why?
- Do you think amusement parks are worth the money? Why or why not?
- What safety rules do you think are important at amusement parks?



MY BOSS WAS ANGRY WITH ME

A. READING

My boss was angry with me yesterday. She said that I had forgotten to write the finance report. I reminded her that we had agreed to finish the report next week. A few days earlier, I had asked her for one more week to prepare the report. She had agreed. I had needed more time because last week I was in San Francisco on business, and I had fallen behind in my work. Apparently, she had forgotten that conversation. Usually, my boss is quite understanding. Maybe she had had a bad week.

CONVERSATION QUESTIONS

- Have you ever had a misunderstanding with your boss or teacher? What happened?
- How do you usually handle conflicts at work or school?
- What do you think is the best way to communicate with a boss or teacher?
- What might have helped avoid the problem in this situation?
- Do you think it's important to be patient with people sometimes? Why?

LIVEWORKSHEETS

STORY CONTINUATION GAME

B2 ENGLISH – PAST PERFECT



INSTRUCTIONS:

Work in groups of 3–4 students. Read the story starter below. Then, continue the story together. Make sure you use the **past perfect tense (had + past participle)** to explain what happened before the main events. Try to add interesting details, unexpected twists, and clear connections between events.

PAST PERFECT
had + past participle

Example: I **had left** home before it started to rain.

1 The Missed Flight

When Sarah arrived at the airport, she realized she **had missed** her flight. She couldn't believe what had happened because...

2 The Empty House

When David opened the front door, the house was completely empty. His family **had disappeared**, and...

3 The Forgotten Birthday

Emma walked into the classroom and everyone was staring at her. She suddenly **remembered** that...

4 The Mysterious Phone Call

The police officer answered the phone and immediately looked worried. The caller **had already**...

5 The Lost Backpack

Jake searched everywhere for his backpack before the exam. By the time he **found** it...

6 The Wedding Surprise

The wedding guests were shocked when the bride suddenly **left** the ceremony because...

7 The Strange Discovery

The hikers reached the old cabin deep in the forest. Inside, they **found** evidence that someone...

8 A Trip to the Beach

When the English group got to the beach, everyone was surprised because the teacher **had**...

9 The Broken Promise

Maria refused to speak to her best friend after what **had happened** the night before. She believed that...

10 The Secret Letter

Tom found an old letter hidden inside a library book. After reading the first paragraph, he realized someone **had been hiding** a secret because...

TIPS FOR A GREAT STORY:

- ✓ Use the past perfect to show what happened before.
- ✓ Add surprises.

SHARE & ENJOY!

Listen to your classmates' stories and vote for the most creative one!

LIVEWORKSHEETS

LESSON 2

LISTENING EXERCISE

A SURPRISE BIRTHDAY PARTY



A. PRE-LISTENING

Discuss the questions with a partner.

1. Have you ever organized a surprise for someone? What was it?
2. What do you think are the most important things to consider when planning a party?
3. How do you think the birthday person usually feels when they discover a surprise party?
4. What kinds of food, games, or activities do you think are popular at birthday parties?
5. Why do you think people enjoy celebrating their birthdays with friends and family?

B. LISTENING COMPREHENSION

Listen to the story about Anna's surprise birthday party for John. Then, answer the questions.

Scan to listen

1. What had Anna already done by the time the guests arrived?
2. How did John feel when he came home and saw the surprise party?
3. What had John mentioned to Anna the year before?
4. What activities did the guests do after they had enjoyed the food and drinks?
5. How did John thank Anna at the end of the party?

LIVEWORKSHEETS