



BAD HABITS

Fill in the Gaps - Should and Shouldn't

Fill in the gaps with "should" or "shouldn't" to complete the advice about bad habits.

1. You _____ quit smoking because it's harmful to your health.
2. He _____ procrastinate on his assignments if he wants to get good grades.
3. People _____ litter in public places as it pollutes the environment.
4. She _____ spend too much money on unnecessary things if she wants to save.
5. They _____ be late for meetings as it's disrespectful to others.
6. You _____ always pick up after yourself to keep the area clean.
7. He _____ swear in front of children because it's inappropriate.
8. She _____ fidget during exams as it distracts others.
9. You _____ slouch when sitting at your desk to avoid back problems.
10. They _____ eat junk food every day because it's unhealthy.

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Fill in the Gaps - Breaking Bad Habits

Instructions: Read the sentences about bad habits. Choose the best word from the word bank below to complete each sentence.

stress (v) healthier (adj) energy (n) healthier (comp) constantly (adv)
sleep (n) afternoon (n) procrastinate (v) junk food (n) improve (v)

1. I find myself reaching for sugary snacks in the _____.
2. I need to find ways to manage my _____ because it's affecting my sleep.
3. I know I should exercise more, but I keep _____ it.
4. A good night's _____ is essential for feeling energized throughout the day.
5. I'm trying to eat a _____ diet by cutting back on processed foods.
6. I want to _____ my bad habits and start living a healthier lifestyle.
7. I need to stop _____ on my phone in bed, it's affecting the quality of my _____.
8. I have so much more _____ when I eat healthy foods regularly.

Teacher's Key

1. You **should** quit smoking because it's harmful to your health.
2. He **shouldn't** procrastinate on his assignments if he wants to get good grades.
3. People **shouldn't** litter in public places as it pollutes the environment.
4. She **shouldn't** spend too much money on unnecessary things if she wants to save.
5. They **shouldn't** be late for meetings as it's disrespectful to others.
6. You **should** always pick up after yourself to keep the area clean.
7. He **shouldn't** swear in front of children because it's inappropriate.
8. She **shouldn't** fidget during exams as it distracts others.
9. You **shouldn't** slouch when sitting at your desk to avoid back problems.
10. They **shouldn't** eat junk food every day because it's unhealthy.

Fill in the Gaps - Breaking Bad Habits

1. afternoon
2. stress
3. procrastinating
4. sleep
5. healthier
6. improve
7. checking
8. energy