Signal words:

After he had sent an email, he got an answer.
Before we read the book, we had bought the book.
When she arrived in London, she had waited for hours.

1. Fill in the Past Perfect and the Simple Past.

After Susan had done her homework, she visited Jake. (to do) (to visit)
Past Perfect -signal word: after
After they had taken the train, they needed a bus. (to take) (to need)
Past Perfect -signal word: after
Before they arrived at the station, they had eaten an apple. (to arrive) (to eat)
Past Perfect -signal word: before
When he left the bus, he hadn't worked for hours. (to leave) (not to work)
Past Perfect -signal word: before
Before he played football, he had done his homework. (to play) (to do)
Past Perfect -signal word: before
After the doctor had checked the boys, they became ill. (to check) (to become)
Past Perfect -signal word: after
He had done his homework, before Sam played football. (to do) (to play)
Past Perfect -signal word: before
They became ill, after the doctor had checked the girls. (to become) (to check)
Past Perfect -signal word: after
After we had taken the train, we needed a bus. (to take) (to need)
Past Perfect -signal word: after
We had eaten an orange, before we arrived at the station. (to eat) (to arrive)
Past Perfect -signal word: before
They hadn't worked for hours, when they left the plane. (not to work) (to leave)
Past Perfect -signal word: when