

# New Year's Resolutions

Welcome back! Whether you are really dreading or madly looking forward to the new year and the spring semester: here's a lesson to start off discussing plans, hopes...and resolutions for the brand-new year.

*In 2019 I'm going to...*

*... eat more vegetables*

*... do all my homework*

*... spend more time with my family*

*... walk my dog every morning*

*... spend less time on meaningless YouTube clips*

1. **Explain** what a New Year's resolution is. Look at the examples or use a dictionary.

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2. **New Year's resolutions vocabulary.** Here are a few words and expressions often used when making resolutions for the new year. Match the words on the left with the correct explanations on the right.

Resolution	To start doing less of something
To improve	An aim or a place to score in sports
To quit	A promise to yourself
Goal	To stop trying
To cut down on	To leave or stop doing something
To give up	To make or become better

3. **The odd one out.** Look at the four words/expressions on each line. Which word is different from the others? Give reasons for your answer.

**Example:** banana pear orange fish  
*Fish does not go with the others, because it is not a fruit*

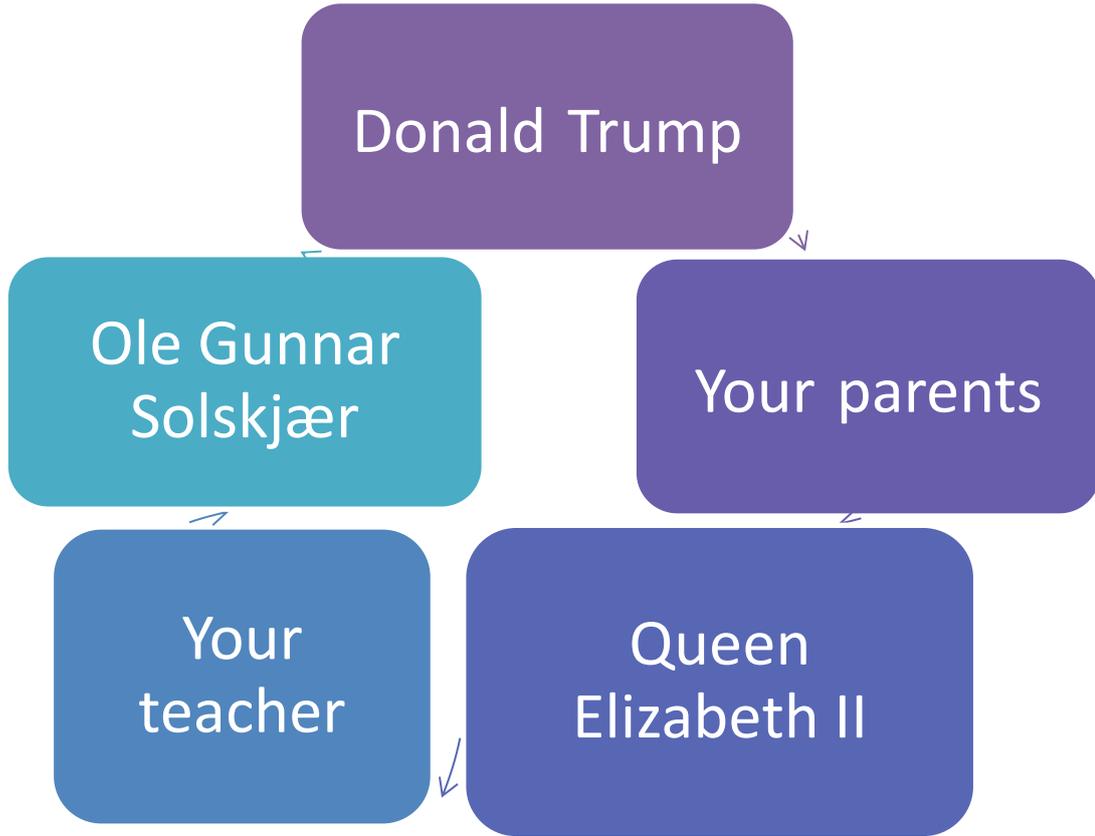
To give up	To quit	To start	To cut down on
The odd one out is:			
It is different from the others because:			

<b>Goal</b>	<b>Resolution</b>	<b>Fail</b>	<b>Aim</b>
The odd one out is:			
It is different from the others because:			
<b>Sugar</b>	<b>Healthy</b>	<b>Sporty</b>	<b>Strong</b>
The odd one out is:			
It is different from the others because:			

4. What do you think the most common New Year's resolutions are? Discuss with your partner and make a list of five to ten suggestions.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. In your opinion, what should the following persons have as their New Year's resolutions?



6. Finally, think of what *you* would like to change or improve in your life this year. Write a couple of resolutions for the areas mentioned below. Keep your list on the fridge, or any other place you pass by daily, to remind yourself of your plans. Tick off when you have reached your goals. Compare resolutions with your classmates – who will be most successful in keeping his/her resolutions?

Use **GOING TO** when you talk about something you have planned to do in the future:  
 I am going to do all my English homework this year

Good luck 😊

AREA	RESOLUTIONS	CHECK!
Family	1.  2.	

Friends	1. 2.	
Health	1. 2.	
School	1. 2.	
English	1. 2.	
Spare time & fun	1. 2.	

## KEY task 2 and 4

### TASK 2

#### Vocabulary

Resolution

A promise to yourself

To improve

To make or become better

To quit

To leave or stop doing something

Goal

An aim or a place to score in sports

To cut down on

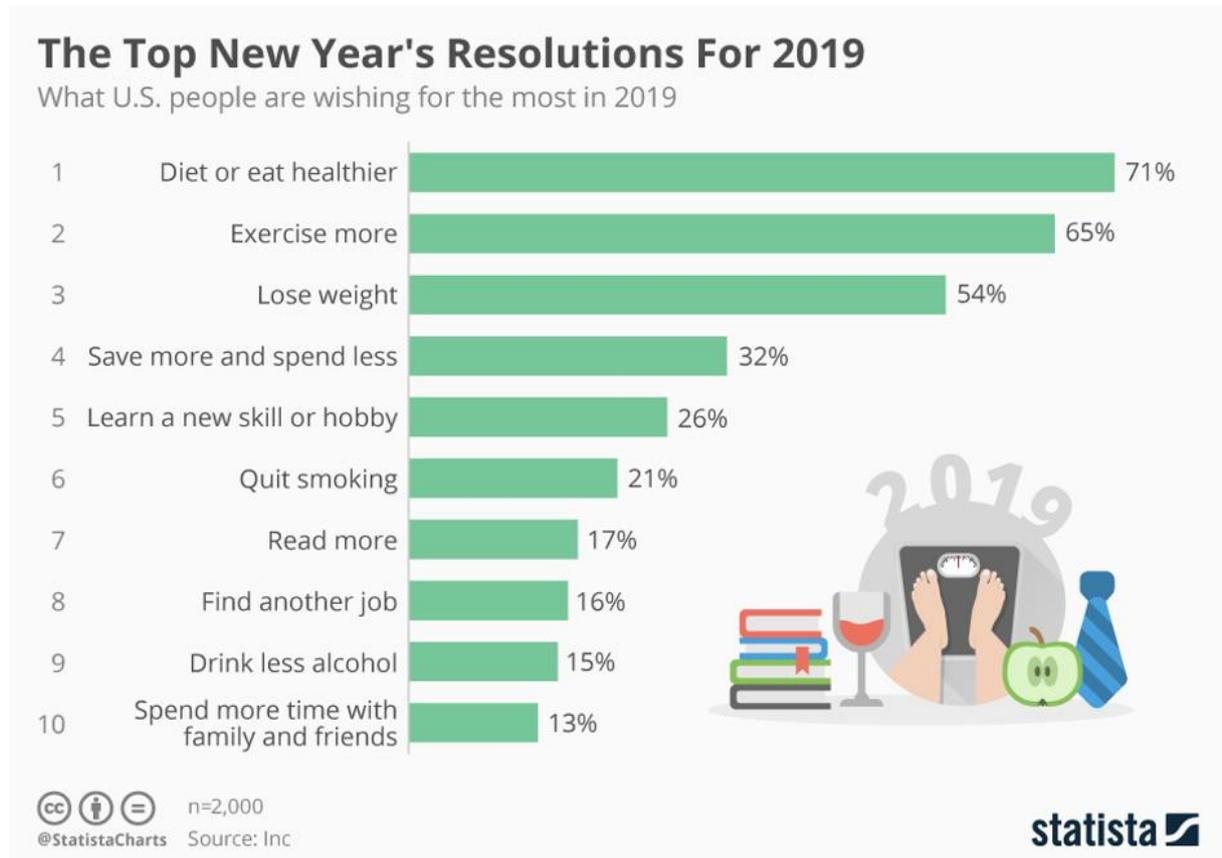
To start doing less of something

To give up

To stop trying

**TASK 4**

**The 10 most common New Year's resolutions according to Statista:**



Retrieved from <https://www.statista.com/chart/16500/top-us-new-years-resolutions/>