

Keeping New Year's Resolutions

1 Warm Up Find the Resolutions!



- 1) QUIT SMOKING..... 2) 3)
 4) 5)

2 Before You Read

The article below gives advice for keeping New Year's resolutions. What advice do you think it gives? Think of some ideas with a partner and write them in the box.

Your Ideas

3 Reading Read the text. Is the advice the same as your ideas?

Have you made any New Year's resolutions? After eating and drinking too much at Christmas, many people want to have a better, healthier New Year. However, it is often difficult to keep resolutions. Most people who promise to quit smoking, for example, have their first cigarette before January has finished. 1

Commentators give lots of advice for people who want to keep their New Year's resolutions. Here are some of their ideas: 5

1) **Telling People**

Don't keep your resolution a secret. If you have stopped smoking, let other people know! It's much easier to keep a resolution if friends and co-workers can support you.

2) **Be Realistic** 10

Don't set a goal that is too difficult to keep. Are you really going to stop eating fast food altogether?

3) **Give Yourself a Reward**

It can be difficult to keep a resolution, so it's a good idea to give yourself a treat when you reach a set goal. 15

4) **Not Setting Too Many Resolutions**

Keeping lots of resolutions is really difficult. Why not just set one?

4**Comprehension**

According to the text, are these sentences true or false? Correct the false ones.

- 1) Lots of people find it difficult to keep New Year's resolutions.
- 2) It's not a good idea to tell other people about your resolutions.
- 3) Don't set resolutions that are very difficult to keep.
- 4) It's best to have four or five different New Year's resolutions.

5**Collocation Check #1 Match the two halves of these collocations.**

- | | |
|---------------------|-------------------------|
| 1) make | altogether |
| 2) give [someone] | secret |
| 3) stop [something] | advice |
| 4) set | know |
| 5) keep [something] | a New Year's resolution |
| 6) let [someone] | a goal |

6**Collocation Check #2 Fill in the spaces using the collocations from exercise five.**

- 1) Julian wants to smoking
- 2) Naoko has a of learning 10 new English words a day.
- 3) Could you me some on how to improve my English?
- 4) Can you a? Henry is getting married next month!
- 5) I haven't any this year. I always break them!
- 6) Please me if you have any questions.

7**Discussion Ask your partner(s) these questions. Ask follow-up questions!**

- Have you made any New Year's resolutions? Have you broken any yet?
- Do you usually make New Year's resolutions?
- Did you eat / drink / smoke too much last year?
- Do you think the advice in the article is good? What other advice did you think of?
- Your ideas!

Keeping New Year's Resolutions: Teaching Notes

Target Structures:	N/A (Reading, Speaking, Vocabulary)
Vocabulary:	General
Level:	Upper Elementary +
Time:	60 minutes
Preparation:	Make one copy for each student

Suggested Teaching Method:

This worksheet is great for the first day back after the Christmas / New Year break. There's collocation building, with a short, graded reading, followed by vocabulary building and speaking practice.

- Write 'New Year's Resolutions' on the board, and elicit the meaning. Explain, if necessary, that it refers to promises made at New Year to do something better in your life. Give the example of quit smoking, if necessary, since it's the example in exercise one. Elicit 'quit smoking' by saying 'I smoke a lot of cigarettes, so what is my New Year's resolution?'

Give out one worksheet to each student. Direct their attention to the exercise one, and the example given. Students can work alone, and check in pairs. Go through the collocations with the group.

- Have one student read out the instructions. Check understanding. Students can work with a partner. Elicit some ideas after a few minutes, and write them on the board.
- Students should read the text at a brisk pace. Encourage them to underline any words or phrases they don't understand, and then move on. Dictionaries shouldn't be used.

Students can then discuss in pairs how accurate their predictions were.

- 4
 - 5
 - 6
- } For each exercise, students can work alone, and check in pairs. Go through the answers with the group.

- Leave plenty of time for class discussion. To maximize student talking time, it's best to put students in pairs, or small groups. Try to have students working with people they haven't spoken to in the other exercises.

Students should read all the questions first, before beginning the discussion.

Encourage eye contact and follow-up questions.

While the students are speaking, monitor the conversations, but try not to interrupt. When the discussion comes to a close, ask a few of the questions yourself, and go through any points of English you made a note of while monitoring.

The answer key is on the next page.

Answer Key (Other answers may be possible.)

- ❶ lose weight / get a better job / save more money / eat better
- ❷
- 1) True.
 - 2) False. It's a good idea to let other people know about your resolutions.
 - 3) True.
 - 4) False. It's a bad idea to set lots of resolutions.
- ❸
- | | |
|---------------------|-------------------------|
| 1) make | a New Year's resolution |
| 2) give [someone] | advice |
| 3) stop [something] | altogether |
| 4) set | a goal |
| 5) keep [something] | secret |
| 6) let [someone] | know |
- ❹
- 1) Julian wants to **quit** smoking **altogether**.
 - 2) Naoko has **set** a **goal** of learning 10 new English words a day.
 - 3) Could you **give** me some **advice** on how to improve my English?
 - 4) Can you **keep** a **secret**? Henry is getting married next month!
 - 5) I haven't **made** any **New Year's resolutions** this year. I always break them!
 - 6) Please **let** me **know** if you have any questions.

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