



NEW YEAR & NEW YEAR'S RESOLUTIONS

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1. Resolution Word Bank

Match the words with the ideas.

exercise • study • save • travel • eat • read • learn • spend

1. _____ more books
2. _____ more money
3. _____ a new language
4. _____ more healthy food
5. _____ more often
6. _____ for an exam
7. _____ less money
8. _____ to another country



2. Good Resolution or Bad Resolution?

Discuss these resolutions.

1. I am going to exercise every day for five hours.
2. I am going to read one book a month.
3. I am going to save some money every month.
4. I am going to learn 100 new English words every day.
5. I am going to spend less time on my phone.

Which are realistic?

Which are difficult?

3. Resolution Bingo

Find a classmate who:

- ☐ wants to exercise more
- ☐ wants to eat healthier food
- ☐ wants to save money
- ☐ wants to travel
- ☐ wants to learn something new
- ☐ wants to read more
- ☐ wants to spend less time online
- ☐ wants to improve their English

Ask questions: Are you going to exercise more?

Do you want to travel more?



4. My Top Three

Choose your three most important resolutions.

1. _____
2. _____
3. _____

Now explain your choices.

My most important resolution is...

This is important because...

5. Resolution Advice

Your friend says:

"I want to learn English, exercise more, save money and travel more, but I don't have enough time."

Give your friend three pieces of advice.

Try:

You should...

You could...

Why don't you...?

6. One Resolution, Three Ways

Change each sentence.

I want to exercise more.

→ I am going to _____.

→ I would like to _____.

→ I should _____.

Now make your own example.

7. My New Year Promise

Write **5–6 sentences** about one thing you want to change this year.

Include:

- what you want to change
- why
- how you will do it
- when you will start

Teacher's Key

Resolution Word Bank

1. read
2. save
3. learn
4. eat
5. exercise
6. study
7. spend
8. travel