PDF 1 - Teacher Notes & Warm-up.



NEW YEAR'S RESOLUTIONS

* A Fresh Start… or the Same Old Habits? *

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BEGINNER A1–A2

Level: Beginner A1–A2

Topic: New Year's Resolutions

Suggested lesson time: 45–60 minutes

Lesson aims: Students learn vocabulary related to New Year celebrations, goals and healthy habits. They practise talking about plans, intentions and simple resolutions using *going to* and the present simple.

1. Warm-Up: A New Year (5–10 minutes)

Discuss these questions with your teacher or a partner.

1. When does the new year begin?
2. Do you celebrate New Year's Eve?
3. What do people usually do on 1 January?
4. Do you make New Year's resolutions?
5. What is one thing you would like to do better this year?
6. What is one thing you would like to learn?

2. Introduce the Topic (5 minutes)

Explain:

A New Year's resolution is a promise or goal that someone makes at the beginning of a new year. People often want to exercise more, eat healthier food, save money, learn something new or spend more time with family. Some people keep their resolutions, but others forget them after a few weeks!

3. Main Activities (25–35 minutes)

PDF 2 – Vocabulary & Picture Activities: Learn words for goals, habits and New Year celebrations.

PDF 3 – Grammar & Useful Language: Practise *going to* for plans and intentions.

PDF 4 – Speaking & Role Play: Talk about personal goals and make plans with a partner.

PDF 5 – Wrap-Up, Homework & Games: Review vocabulary and create a simple personal resolution.

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4. Wrap-Up (5–10 minutes)

Ask students to complete these sentences:

- This year, I want to _____.
- I am going to _____.
- One healthy habit I can start is _____.

Teaching Tips

- Accept simple answers from A1 students and encourage fuller explanations from A2 students.
- Students do not have to share personal or sensitive goals.
- Encourage realistic goals rather than dramatic promises.
- Remind students that small improvements are worthwhile.
- Keep the atmosphere light-hearted. The aim is to encourage students, not judge their resolutions.

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