

NEW YEAR'S RESOLUTIONS

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Activity 1: Choose a Writing Task

Choose **one** topic.

A – Opinion Essay: Are New Year's resolutions useful, or do people need to change their habits throughout the year?

B – Advice Article: Write an article titled "Five Small Changes That Can Make a Big Difference".

C – Reflective Essay: Why should people think about long-term health rather than short-term results?

Activity 2: Plan Your Writing

Complete the notes before you begin.

- My main message: _____.
- My first supporting point: _____.
- My second supporting point: _____.
- An example or personal observation: _____.
- A possible opposing view: _____.
- My conclusion: _____.

Activity 3: Useful Language

Introducing ideas

- Many people begin the new year with the intention of _____.
- One important factor to consider is _____.
- The idea that _____ deserves closer attention.

Developing arguments

- A major reason for this is _____.
- This can have a positive effect on _____.
- Over time, _____ may contribute to _____.

Showing contrast

- Although motivation can be useful, _____.
- While some people prefer dramatic changes, _____.
- On the other hand, _____.

Concluding

- Ultimately, lasting improvement depends on _____.
- In the long term, it may be more beneficial to _____.
- A fresh start does not have to begin in January because _____.

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Activity 4: Write Your First Draft

Write **200–250 words**. Include an introduction, developed supporting points and a conclusion. Use examples and appropriate linking expressions.

_____

_____

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Activity 5: Peer Review

Exchange your writing with a partner. Check the following:

- The main argument or message is clear.
- The introduction introduces the topic effectively.
- Ideas are developed with reasons or examples.
- The paragraphs follow a logical order.
- Linking expressions are used appropriately.
- Vocabulary is varied and suitable for the topic.
- Grammar, spelling and punctuation have been checked.
- The conclusion supports the main message.

Activity 6: Final Reflection

Answer in two or three sentences.

1. What is one idea from this lesson that you would like to remember?
2. Why might small habits be more useful than dramatic resolutions?
3. What does a healthy, satisfying life mean to you?

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