

NEW YEAR'S RESOLUTIONS

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Activity 1: Match the Words to the Meanings - Write the correct letter next to each word.

1.	Resolution	A. To get better at something
2.	Goal	B. A plan or promise to do something
3.	Habit	C. To keep money instead of spending it
4.	Exercise	D. Something you do regularly
5.	Healthy	E. To do something special for an occasion
6.	Save	F. A result you want to achieve
7.	Learn	G. Good for your body or mind
8.	Improve	H. To get knowledge or a new skill
9.	Calendar	I. Physical activity that keeps your body active
10.	Celebrate	J. A chart showing the days, weeks and months

Activity 2: Look at the New Year Picture - Write short answers.

1. What can you see? _____
2. What is the girl doing? _____
3. Can you see a calendar? _____
4. What healthy activities can you identify? _____
5. What goals might the girl have? _____
6. Which activity would you like to try? _____

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Activity 3: Complete the Sentences

Use the words in the box.

exercise | money | learn | healthy | resolution | habit | improve | calendar

1. My New Year's _____ is to read more books.
2. I want to eat _____ food.
3. I am going to _____ three times a week.
4. I want to save more _____ this year.
5. I would like to _____ my English.
6. I am going to _____ how to cook.
7. Drinking water every day is a good _____.
8. I write important dates on my _____.

Activity 4: Good Habit or Bad Habit?

Write **G** for a good habit or **B** for a bad habit.

1. Going for a walk every day. ____
2. Staying up very late every night. ____
3. Drinking enough water. ____
4. Spending all your money immediately. ____
5. Reading for fifteen minutes a day. ____
6. Eating fruit and vegetables. ____
7. Never taking a break. ____
8. Spending time with friends and family. ____

Activity 5: My New Year Words

Complete the sentences with your own ideas.

1. This year, I want to learn _____.
2. I want to spend more time _____.
3. I am going to improve my _____.
4. One good habit I want to start is _____.
5. One thing I want to stop doing is _____.

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Answer Key

Activity 1: 1–B, 2–F, 3–D, 4–I, 5–G, 6–C, 7–H, 8–A, 9–J, 10–E

Activity 2: Answers depend on the picture.

Activity 3: 1. resolution 2. healthy 3. exercise 4. money 5. improve 6. learn 7. habit 8. calendar

Activity 4: 1. G 2. B 3. G 4. B 5. G 6. G 7. B 8. G

Activity 5: Answers will vary.

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