

NEW YEAR'S RESOLUTIONS

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

© talkmor.com

Talking About Plans and Resolutions

Grammar Focus: Going To

Use **am / is / are + going to + verb** to talk about plans and intentions.

- I am going to exercise more.
- She is going to learn Spanish.
- We are going to save money.
- They are going to eat healthier food.

Remember: after *going to*, use the base form of the verb.

Correct: I am going to walk.

Incorrect: I am going to walking.

Activity 1: Choose the Correct Answer

1. I **am / is** going to exercise more.
2. She **are / is** going to save money.
3. They **am / are** going to learn English.
4. We are going to **eat / eats** healthier food.
5. He is going to **reads / read** more books.
6. My friends **is / are** going to travel.

Activity 2: Complete the Sentences

Use the correct form of **going to** and the verb in brackets.

1. I _____ _____ more water. (drink)
2. She _____ _____ a new hobby. (start)
3. We _____ _____ more money. (save)
4. They _____ _____ every morning. (walk)
5. He _____ _____ how to cook. (learn)
6. My family _____ _____ more time together. (spend)

Activity 3: Make Negative Sentences

Rewrite each sentence using **not going to**.

1. I am going to eat too much fast food.
2. She is going to spend all her money.
3. We are going to stay up very late.
4. They are going to stop learning English.

Permission granted to reproduce for classroom use. © talkmor.com 2026

Activity 4: Put the Words in the Correct Order

1. going / I / exercise / am / to / more _____
2. save / going / She / money / is / to _____
3. going / They / a new hobby / are / to / start _____
4. going / We / healthier food / eat / are / to _____

Activity 5: Write Your Own Resolutions

Complete the sentences.

1. This year, I am going to _____.
2. I am not going to _____.
3. I want to improve my _____.
4. I would like to learn _____.
5. I am going to spend more time _____.

Useful Language

- My New Year's resolution is _____.
- I am going to _____.
- I want to _____.
- I would like to _____.
- I hope to _____.
- This year, I want to try _____.
- That sounds like a good idea!

Permission granted to reproduce for classroom use. © talkmor.com 2026

Answer Key

Activity 1: 1. am 2. is 3. are 4. eat 5. read 6. are

Activity 2: 1. am going to drink 2. is going to start 3. are going to save 4. are going to walk 5. is going to learn 6. is going to spend

Activity 3 – Suggested answers: 1. I am not going to eat too much fast food. 2. She is not going to spend all her money. 3. We are not going to stay up very late. 4. They are not going to stop learning English.

Activity 4: 1. I am going to exercise more. 2. She is going to save money. 3. They are going to start a new hobby. 4. We are going to eat healthier food.

Activity 5: Answers will vary.

Permission granted to reproduce for classroom use. © talkmor.com 2026