

NEW YEAR'S RESOLUTIONS

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

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Level: Beginner A1–A2

Topic: My Plans for the New Year

Activity 1: Ask and Answer	Activity 2: Resolution Interview
Work with a partner. Take turns asking the questions. 1. Do you celebrate New Year's Eve? 2. Do you make New Year's resolutions? 3. What is one thing you want to learn? 4. Would you like to exercise more? 5. What is one good habit you have? 6. What is one habit you would like to change? 7. What are you going to do this year?	Student A interviews Student B. Ask: • What is your main goal this year? • Are you going to learn something new? • Are you going to save money? • What healthy habit would you like to start? Student B answers in complete sentences. Then change roles.

Activity 3: Role Play – The New Year Café

You meet a friend in a café in January. You are discussing your New Year's resolutions.

Student A: Tell your friend about two resolutions. Ask about their plans.

Student B: Explain your resolutions. Ask your friend what they want to change.

Try to use these phrases:

- This year, I'm going to _____.
- Really? Why?
- That's a good idea!
- I'm not sure I can do that.
- Maybe you should start small.
- Let's try it together!

Activity 4: Choose a Resolution

Choose one goal from each group and explain your choices.

Health: Walk more / Drink more water / Eat more fruit

Learning: Read more / Practise English / Learn a new skill

Lifestyle: Spend less money / Spend more time outdoors / Visit friends more often

Fun: Try a new hobby / Travel somewhere new / Cook a new dish

Activity 5: My New Year Promise

Tell your partner three things you are going to do this year.

Example: I am going to walk more often. / I am going to practise English every day.

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