

NEW YEAR'S RESOLUTIONS

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

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Activity 1: New Year Quiz

Choose the correct answer.

1. When does the new year begin?
   A. 1 January
   B. 1 June
   C. 25 December

2. What is a resolution?
   A. A type of food
   B. A goal or promise
   C. A holiday

3. Which is a healthy habit?
   A. Drinking water
   B. Never sleeping
   C. Skipping every meal

4. What does “save money” mean?
   A. Spend it all
   B. Keep some money
   C. Give it all away

5. What does “improve” mean?
   A. Get better
   B. Forget something
   C. Stop trying

Activity 2: Finish the Resolution

Complete each sentence with your own idea.

1. This year, I am going to _____.
2. I want to learn _____.
3. I am going to spend less time _____.
4. I want to become better at _____.
5. I am going to spend more time with _____.

Activity 3: The Resolution Excuse Game

Read the excuses. Choose the funniest one or invent your own.

1. I was going to exercise, but my sofa looked very comfortable.
2. I wanted to save money, but the sales were calling my name.
3. I planned to eat healthy food, but the chocolate cake arrived.
4. I was going to read a book, but I watched one more episode.

Now complete:

- I was going to _____, but _____.

Activity 4: My Resolution Poster

Create a small poster with the heading **MY NEW YEAR, MY GOALS**. Include:

- Two personal goals
- One healthy habit
- One new skill you want to learn
- A short motivational message

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Activity 5: Homework – My New Year Plan

Write **6–8 sentences** about your plans for the new year. Include at least three things you are going to do and one habit you would like to change.

Use these prompts:

- This year, I am going to _____.
- I want to improve _____.
- I would like to learn _____.
- One healthy habit I want to start is _____.
- I hope that by the end of the year _____.
- _____.
- _____.
- _____.

Activity 6: Exit Ticket

Before you finish, tell your teacher:

- One new word you learned.
- One resolution you would like to try.
- One small change that could improve your life.

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Answer Key

Activity 1: 1–A, 2–B, 3–A, 4–B, 5–A

Activities 2–6: Answers will vary.

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