

NEW YEAR'S RESOLUTIONS

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Level: Intermediate A2–B1

Topic: Good Intentions and Real Life

Language Focus: Giving Reasons and Advice

Useful expressions:

- I think you should _____.
- You could try _____.
- One reason people give up is _____.
- It might be easier to _____.
- Instead of _____, try _____.
- In my opinion, the best way to _____ is _____.

Activity 1: Choose the Correct Word

Choose because, although, so, but or if.

1. I wanted to exercise, _____ I was too tired.
2. She saves money _____ she wants to travel.
3. _____ you start with a small goal, you may find it easier to continue.
4. He missed one day, _____ he continued with his plan.
5. They were excited, _____ they made a detailed plan.
6. _____ the goal was difficult, she did not give up.

Activity 2: Give Some Advice

Read each situation. Write one piece of advice using **should, could** or **why don't you**?

1. Tom wants to exercise more but never has enough time.

   _____

2. Maria wants to save money but buys things she doesn't need.

   _____

3. Jack wants to improve his English but never practises.

   _____

4. Lisa wants to sleep better but uses her phone late at night.

   _____

5. Peter wants to eat healthier but does not enjoy cooking.

   _____

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Activity 3: Rewrite the Sentences

Rewrite each sentence using the word in brackets.

1. I want to get fitter. I am going to walk every day. (**so**)

   _____

2. She was tired. She went for a walk. (**although**)

   _____

3. He saves money. He wants to buy a bicycle. (**because**)

   _____

4. You can start with ten minutes. You can build up slowly. (**and**)

   _____

Activity 4: The Resolution Debate

Discuss these statements. Give reasons and examples.

1. People make too many resolutions.
2. Small changes are better than big promises.
3. You do not need January to make a fresh start.
4. Exercise is more important than eating well.
5. Spending time with friends and family is a good resolution.

Activity 5: Resolution Makeover

These resolutions are too vague or too ambitious. Rewrite each one to make it more realistic.

1. I will never eat unhealthy food again.

   _____

2. I will exercise for two hours every day.

   _____

3. I will learn a new language in one month.

   _____

4. I will save all my money this year.

   _____

5. I will never waste time again.
6. _____

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Answer Key

Activity 1:

1. but 2. because 3. If 4. so 5. so 6. Although

Activity 2 – Suggested answers:

1. You could walk for fifteen minutes during lunch.
2. She should make a monthly budget.
3. Why don't you practise for ten minutes every day?
4. She should put her phone away before bedtime.
5. He could start with a few simple meals.

Activity 3 – Suggested answers:

1. I want to get fitter, so I am going to walk every day.
2. Although she was tired, she went for a walk.
3. He saves money because he wants to buy a bicycle.
4. You can start with ten minutes and build up slowly.

Activities 4–5: Answers will vary.

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