

NEW YEAR'S RESOLUTIONS

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Level: Intermediate A2–B1

Topic: Small Changes, Better Lives

Activity 1: Read the Situation

Daniel makes a long list of New Year's resolutions. He wants to lose weight, run five kilometres every morning, stop eating all his favourite snacks, learn French, save half his income and read fifty books.

After two weeks, he feels tired and frustrated. He has not achieved most of his goals. His friend suggests choosing only two or three important changes and making a simple weekly plan.

Activity 2: Think and Discuss

1. Why might Daniel's original plan be difficult to follow?
2. Which two goals would you recommend he keeps?
3. How could he make his exercise goal more realistic?
4. Why is it important to enjoy the process of making a change?
5. Is it better to make one change at a time or several changes together? Explain.

Activity 3: Match the Goal to a Practical First Step

1. Improve my English.	A. Put my phone away before bedtime.
2. Become more active.	B. Arrange one family activity each week.
3. Save money.	C. Practise vocabulary for ten minutes a day.
4. Sleep better.	D. Walk for fifteen minutes after lunch.
5. Spend more time with family.	E. Record my spending for one week.

Activity 4: The 30-Day Challenge

Choose one small positive habit you could practise for thirty days.

Complete the plan:

- My chosen habit: _____.
- I will do it on these days: _____.
- The best time for me is: _____.
- One thing that might make it difficult: _____.
- My plan for dealing with that problem: _____.
- How I will record my progress: _____.

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Activity 5: Fact or Opinion?

Write **F** for fact or **O** for opinion.

1. January begins on the first day of the month. ___
2. Walking is the best form of exercise. ___
3. Some people make New Year's resolutions. ___
4. Everyone should make resolutions. ___
5. A small goal can be easier to manage than a very large goal. ___

___

Activity 6: Homework – My Realistic New Year Plan

Write **120–150 words** about three realistic goals you would like to achieve.

Include:

- One goal related to health or wellbeing.
- One goal related to learning or personal development.
- One goal related to family, friends, work or daily life.

  Explain why each goal matters and describe the first step you will take.

_____

_____

_____

_____

_____

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_____

Answer Key

Activity 3: 1–C, 2–D, 3–E, 4–A, 5–B

Activity 5: 1. F 2. O 3. F 4. O 5. O (This is a general opinion, although it may be true in many situations.)

Activities 2, 4 and 6: Answers will vary. Encourage realistic goals, clear explanations and practical first steps.

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