

New Year's resolutions

Task 1A: Read some common resolutions. Tick ones you'd like to make.

- Exercise: take up a new sport / start an exercise routine
- Health: eat more fruit and vegetables / drink more water / give up one junk food / spend less time on social media / go to bed earlier
- Hobbies: start a new hobby / join a club / learn a new skill
- Friends: make new friends / contact old friends more / be kinder to friends / spend more or less time with friends
- Studies: make a study timetable / listen more in class / get books from the library / read more books
- Money: get a Saturday or holiday job / save more money / spend less / be careful with pocket money
- Helping others: perform one act of kindness each day or week / volunteer / clean bedroom more often
- Environment: use a re-usable water bottle and lunch box / carry a bag to avoid plastic bags / recycle more rubbish / take shorter showers

Task 1B: Write three resolutions.

Example: I'm going to learn how to cook one new dish each month.

- 1.
- 2.
- 3.

Task 2: You are going to read a text about New Year traditions and celebrations in the UK. How do you think these words relate to New Year traditions and celebrations?

party	midnight	a Scottish song	a tall man with dark hair	Big Ben	fireworks
		beach	fancy dress	laser light show	

Task 3A: Read the text. Were your ideas correct?**Celebrating New Year**

New Year is a popular time for celebrating all across the UK. Celebrations start early on New Year's Eve, December 31st, as people meet up with friends and family members. Many people go to a restaurant or to a special party in someone's home. Everyone hopes to start off the New Year with good intentions, so they make some resolutions to help them have a successful year.

We asked young people around the UK about their plans for New Year and about their New Year's resolutions.

Alice, 15, Glasgow*My Plans*

In Scotland, New Year is called 'Hogmanay'. As usual, we're having a Hogmanay party at home, and we're inviting neighbours and friends. At midnight, we'll sing 'Auld Lang Syne' – it's an old Scottish song about remembering days gone by. Then my uncle John will come into the house – he's usually our 'first footer'. That means the first person to enter the house on January 1st. It's good luck if the first footer is a tall man with dark hair – just like my uncle! Hogmanay is a big celebration in Scotland, and both January 1st and January 2nd are holidays.

My resolutions

Eat fewer sweets, be nicer to my little brother and improve my tennis skills.

Ben, 14, Brighton*My plans*

Like last year, I'll be at home for New Year's Eve with my mum and dad. We'll watch the celebrations in London on TV – we'll hear the chimes of Big Ben at midnight, and then we'll watch the fireworks. They're always amazing. Then on New Year's Day I'm going to join my parents at the beach for a swim! The sea's always freezing cold but it's a fun way to start the year. Hundreds of people run into the sea, and some even wear fancy dress. It all raises money for charity, so it's a great thing to do. I just hope it doesn't snow!

My resolutions

Do some voluntary work in my area. Maybe be nicer to my girlfriend!

Sophie, 17, Newcastle-Upon-Tyne*My plans*

I'm going into the centre of Newcastle with my cousins on New Year's Eve. This will be the first time I've gone into the city centre to celebrate. I've always wanted to, but my parents said I was too young before. Anyway, I'm really excited because there'll be a laser light show with music. My cousins say there's always lots going on in the streets, like performers, and there are food and drinks stalls too. Last year, New Year's Eve was so quiet. This year, I'll be with thousands of people in the streets. It's going to be so much fun!

My resolutions

Learn how to play the guitar and talk less in class! Study hard to get good grades for university.

Task 3B: What can you remember about Alice, Ben and Sophie?

1. Who's going to have the quietest time on New Year's Eve?
2. Who's going to be celebrating outside with lots of people?
3. Who celebrates Hogmanay?
4. Who's going to start the new year with a splash?
5. Whose celebrations will be very different to last year?
6. Whose uncle is everyone happy to see at New Year?

Task 4: Discuss the questions.

1. Are any of the traditions or celebrations in the text similar to New Year celebrations in your country?
2. Which are your favourite New Year traditions?
3. How old are your New Year traditions? Did your grandparents celebrate in the same way?
4. Do you or other people you know make New Year's resolutions?

Task 5: Write some resolutions for the following people. *He / she's going to....*

- Your mother / father
- Your brother / sister
- Your best friend
- Your teacher

Write some funny or serious resolutions for these people:

- The leader of your country
- A famous musician / singer
- A famous sports star