

Classroom Resources

TASK New Year's Resolutions

WARM-UP

1 Complete the resolutions with a verb from the box.

lose	get	spend	pay	learn
go	watch	make	take	help

- | | | | |
|---|---------------------------------|---|---------------------|
| a | ___ fit | f | ___ a new language |
| b | ___ weight | g | ___ back your debts |
| c | ___ more time with family | h | ___ less TV |
| d | ___ up a new hobby | i | ___ new friends |
| e | ___ out in your local community | j | ___ to bed earlier |

2 Discuss the questions below.

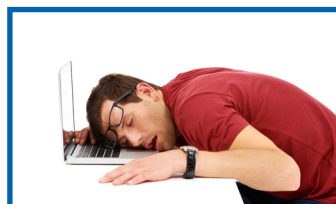
- Which New Year's resolutions from the list do think are most common among: i) Men? ii) Women? iii) Teenagers?
- How do businesses try to benefit from people's New Year's Resolutions?
- Have you ever kept a New Year's Resolution for a whole year?

3 Choose two new resolutions from the list above, or write resolutions of your own. Share your resolutions with the class.

This year I'm going to ...

4 What are these people's New Year's resolutions?

Complete the sentence for each person. Your answers can be funny or serious.



This year I'm going to ...

5 Share your pictures with other students. Did you write the same thing?

TASK

1 Read the article. Complete the spaces a–e with these phrases:

Go Exploring on ...

Do chores on ...

Get wet on ...

Work out on ...

Go Car-free on ...

DAILY NEWS

How to Keep Your New Year's Resolutions

Every year millions of people make resolutions but few people keep them for a whole year. It's just too difficult.

The problem is that most people's goals are too big, and they soon get bored. The trick is to break down the goal into small, easy steps. Focus on one step each day of the week. By changing your goal every day, you won't get bored. And after a few weeks, your new routine will become a habit. For example, if your goal is to get fit, here are some things you can do:

a _____ Mondays

Do you usually go everywhere by car? Well, don't! There are lots of other ways to get around. Walk or cycle to school or work every Monday. You could even try roller-skating or (1)..... . It doesn't matter if you live far away. You'll use more calories taking the bus or train than you will in a car.

b _____ Tuesdays

Did you know that you can burn over 100 calories when you're ironing? And you can burn almost 200 calories by (2) Get fit and surprise your family at the same time by doing an hour of solid housework every Tuesday!

c _____ Wednesdays

Join a regular fitness class at your local sports centre on Wednesdays. Most sports centres offer many classes at different levels. You can dance, lift weights, do aerobics or (3) , or you could do something more relaxing like (4) As long as you are using your body, it's good for you!

d _____ Thursdays

How well do you know your neighbourhood? Most people don't know it well at all. So every Thursday, go out on foot or on your bicycle. Go along streets where you've never been. Visit nearby towns and villages. You'll find shops, parks and many other things that you never knew about.

e _____ Fridays

How often do you get to your local pool? Most people love swimming, but few people do it regularly. You don't just have to swim up and down either. There are lots of ways to enjoy being in the water. Try aqua-aerobics or (5) Go with friends for a really fun time!

Classroom Resources

TASK New Year's Resolutions

- 2 Complete the spaces (1)–(5) with a suitable activity.
- 3 What could someone do on Saturdays and Sundays to get fit? Talk to a partner and note down some ideas.
- 4 Choose ONE of the New Year's resolutions in the table below or create your own. Note down an idea for each day of the week.

	Watch less TV and do something more interesting!	Make new friends and spend time with old friends!	Get some useful skills and experience for the future	Your own ideas: _____ _____
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

- 5 You are going to write up your ideas as an article. First, look at the list of phrases below. Which ones could you use in your article? On which 'day of the week' could you use this phrase?

Do you usually _____? Well, don't!	Most people (don't) _____.
Join a _____.	Few people _____.
Try _____.	Did you know that _____?
You can _____.	How well do you _____?
You could even try _____.	How often do you _____?
_____ and _____ at the same time.	You don't have to _____.
It doesn't matter if _____.	There are lots of ways to _____.

- 6 Now write up your article. Use the grid on the following page.

Do you want to _____?

_____ Mondays

_____ Tuesdays

_____ Wednesdays

_____ Thursdays

_____ Fridays

Classroom Resources

TASK New Year's Resolutions

Learning Objectives: Using 'going to' to talk about resolutions. Writing an article which gives advice.	Preparation Time: 10 minutes
	Completion Time: 60 + minutes
Skill/Grammar: Reading, grammar (going to), function (giving advice), speaking, writing (writing an article)	Age/Level: Pre-Intermediate–Intermediate
Resources: New Year Warm-Up, Task and Feedback game instructions,	

Warm-up (15 minutes)

- Ask the students some common New Year's Resolutions.
- Hand out a copy of New Year **WARM-UP** section.
- Ask students to complete question 1.
- Check answers as a class.

Answers:

- | | |
|------------------------------------|------------------------|
| a get fit | f learn a new language |
| b lose weight | g pay back your debts |
| c spend more time with family | h watch less TV |
| d take up a new hobby | i make new friends |
| e help out in your local community | j go to bed earlier |

- Put students into pairs or small groups and ask them to discuss the questions in part 2. Give students about 5 minutes to compare their ideas.
- Feedback answers from the class by inviting answers from 2 or 3 groups per question.
- Ask students to write their answers to question 3 and then tell their partners.
- Ask students to complete the resolutions for the people in the photos. Encourage them to write funny answers.
- Give students time to share their answers with partners or feedback their answers as a class.

Presentation (30 minutes)

- Hand out a copy of the New Year's **TASK** to each student.
- Ask students to read the article and complete the titles with the phrases a–e
- Check answers in class.

Feedback Game

You will need: many small slips of paper (10 for every pair of students in the class)

- 1 Once students have completed their article, note down around 10 sentences from their work. These should be a mixture of correct and incorrect sentences. Try to note these from a range of students' work, not from just one or two students.
- 2 Write the word 'gamble' on the board and ask if any students know what it means. If not, tell them it means playing games to win money.
- 3 Put students in pairs. Tell them that they are going to play a gambling game. Tell them that you are going to write a sentence on the board. In pairs, they should decide whether the sentences are grammatically correct or incorrect. If incorrect, they should rewrite the sentence in its correct form on a slip of paper.
- 4 The students have the opportunity to gamble. Each pair starts out with 10 gold coins. If they think their answer is correct, they can gamble a maximum of 5 coins. If they are unsure of their answer, they can gamble a minimum of 1 coin.
- 5 Write up a table on the board showing the students' initials and the number of coins they own. They all start with ten.
- 6 Remind students not to shout out their answers.
- 7 Write a sentence on the board. Tell students to write on a slip of paper: their initials, their answer (correct / incorrect plus correct answer) and how much they want to gamble.
- 8 Take in the slips.
- 9 Give the correct answer.
- 10 Alter the coins on the table on the board according to the students' answers, i.e. if Adam and Annie bet 5 coins and get the answer right, they gain 5 coins (10 initial coins + 5 won = 15). If they get the answer wrong they lose 5 coins.
- 11 Repeat from number 5 above. Remind students that they cannot gamble more coins than they have.