New Year's Resolutions

Warm up:

- What are your plans for New Year's Eve this year?
- Have you ever made a new year's resolution? What was it?
- Do you have a resolution for this year? What is it?
- Do you enjoy New Year's Eve? What do you usually do on that day?
- Are you good at sticking to new year's resolutions?



1. Read the prompt below and write a rough plan for your perfect New Year's Eve party.

You have been given 100 million dollars to plan the perfect New Year's Eve party. Try to plan your perfect party, and be as creative as possible. Your plan should include:

- The location
- The food and drink
- The entertainment (musicians, performers etc)
- The dress code
- The theme (if you choose to have one)
- The decorations.
- Any other details you can think of.

Now tell your idea to your class and decide as a group which plan (or perhaps a combination of several plans) is the best idea.

2. On the next page is a list of the ten most common new year's resolutions. With a partner (without looking at the next page) make a list of what you think some of the most common new year's resolutions are.

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3. Here is a list of the most common resolutions. How many did you correctly predict? Are there any that surprise you?

1. Exercise more
2. Losing weight
3. Saving more money
4. Improve diet
5. Pursuing career ambition
6. Spend more time with my family
7. Take up a new hobby
8. Spend less time on social media
9. Give up smoking
10. Volunteering or doing more charity work

4. Read the three opinions about new year's resolutions and use the joining phrases in the box to complete the statements. Each phrase is used once.

on top of that	that being said	due to	despite	at least
because	as long as	whereas	although/even though	

Janet: "I don't want to sound too cynical, but frankly I think new year's resolutions are a load of nonsense. I've never heard of anyone changing their life …… a new year's resolution. And why should I wait till one specific day of the year to change my life? Hardly anyone sticks to them anyway, they just make people miserable. ……., my normally quiet gym is always packed around January. I hate it. But ……. they're all gone by February."

Frankie: "Well I mean it makes sense doesn't it? People want to make new year's resolutions …… it feels good to start a new year with a bit of motivation. ……., in my country New Year's Eve is right in the middle of winter, and I find it impossible to stay motivated when it's constantly cold and dark. …… that, my new year's resolution is to spend more time outside."

Nicole: "…… new year's resolutions are a bit cliché, I still love them. I always make a resolution to learn a new hobby, …… my husband usually makes a resolution like "lose weight" or "spend more time at the gym." But …… I'm learning to bake, he's not going to lose any weight!"

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5. You are going to watch a video about new year's resolutions. The video contains the vocabulary in the box. Use the vocabulary to complete the sentences.

novelty	hippy dippy	broad	resonate
flourish	not my first rodeo	fog	fuzzy

a) Every morning a thick …… falls over the city.

b) People are attracted to ……, they like new things.

c) I think we have a bad connection, the image is very ……

d) I've been to plenty of political debates, this is ……

e) Some people don't do well at university, but some people really ……

f) We sort our customers into 3 …… categories.

g) This packaging seems to really …… with our younger demographic.

h) My father calls meditation …… nonsense, but I think he could benefit a lot from it.

6. Watch the video[1] and answer the questions.

a) What does the video suggest instead of a new year's resolution?

b) What matters more than exact goals when trying to improve yourself?

c) Why is having a broad theme a good idea?

d) What 2 themes has the narrator tried himself?

e) Why does the narrator suggest using seasons instead of years for themes?

f) Were there any themes mentioned or shown that resonated with you?

7. Decide what your theme will be for the upcoming year and tell your partner. Now write down 3 suggestions or pieces of advice based on their theme.

e.g. "If you want to have a year of reading, you should read *Brave New World*"

[1] https://www.youtube.com/watch?v=NVGuFdX5guE

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