

## New Year's Resolutions

### Task 1 – New Year's Resolutions

Here are some common New Year's resolutions (personal plans for the coming year). Tick the resolutions you would like to make. I'm going to.....

- Exercise: do more / join a gym / take up a sport
  - Health: lose some weight / go on a diet / eat less chocolate / stop smoking/ give up junk food
  - Hobbies: start a new hobby/ join a club/ learn a new skill (how to cook, paint, play an instrument)
  - Friends: make new friends / write to friends more / be kinder to friends/ spend more or less time with friends
  - Studies: study more / do more homework / listen more in class/ get books from the library / read more
  - Money: get a Saturday or holiday job / save more money / spend less / be careful with pocket money
  - Stress: worry less / work less / relax more at the weekends / go to bed earlier
- Do people make resolutions at New Year in your country?

### Task 2 – Ways to celebrate the New Year

Read the descriptions of celebrations around the UK below and answer:

- Who has the quietest time on New Year's Eve?
- Who likes celebrating outside with lots of people?
- Who celebrates Hogmanay?
- Who starts the New year with a splash?
- Who is going to be very tired on New Year's Day?
- Why is Uncle John the best person to have at your door on January 1st?

#### Celebrating the New Year

The start of the New Year on January 1st is a popular time for celebrating all across the UK. Celebrations can start early on New Year's Eve, December 31st, as people meet up with friends and family members. Many people have a drink in a pub or go 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 are for New Year's Eve and about their New year's resolutions are:

#### *My Plans*

New Year, or Hogmanay, is more important than Xmas to some people in Scotland. I am invited to two Hogmanay parties and I intend going to both ! We usually sing Auld Lang Syne at midnight and my Uncle John is always our first footer at home. He's the first person to enter our home He's the first person to enter our house after midnight. It is good luck if this person is a tall man

with dark hair, just like my Uncle.

*My resolutions*

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

*Mary 17 Glasgow*

*My plans*

I am joining my parents in a New Year's Day swim this year. It's freezing cold in the water but it is a fun way to start the year. Quite a lot of people meet on Brighton beach for this first swim of the year. I hope it doesn't snow. I won't be out partying the night before because I don't like all the noise and drinking! My family usually have a quiet evening and watch the celebrations on TV.

*My resolutions*

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

*Ben 16 Brighton*

*My plans*

I am going to the centre of Newcastle with my cousins and friends to see in the New Year. I love being in a crowd when the clocks strike midnight. Everyone kisses each other, sings and drinks champagne. This is the first New Year's Eve in the streets as my parents said I was too young last year. We will probably get back home at four or five in the morning.

*My resolutions*

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

*Sophie 18 Newcastle Upon Tyne*

### Task 3 – New Year in your country

- Are any of the things similar to New Year celebrations in your country?
- What traditional ways of welcoming the New Year do you have in your family or in your region?
- How old are your New Year traditions? Did your grandparents celebrate in the same way?
- Are children allowed to stay up late to see in the New Year?
- Are there any special meals or activities for New Year's day?

### Task 4 – Good year, bad year

Some years are better or more enjoyable/successful than others. We remember these years and the special things that happened.

- Choose a good year for you. Tell your partner why the year was special: What happened? What did you do? Who did you meet? Where did you go?

- Make a list of things that have happened in over the last year. Follow these headings to help you:
  - New friends
  - Fun things I did
  - Key events/moments
  - Fun things I heard or saw
  - Important lessons I learned
- Interview your partner/classmates about their year. Was it a good year?
- Do you know what happened in the year you were born? Find out as much as you can and describe the year to your class.

### Task 5 – Resolutions

Some people write their resolutions in a diary, in their notebook or on a piece of paper. Write some resolutions for the following people. He / she's going to....

- Your mother
- Your best friend
- Your boyfriend / girlfriend
- Your teacher

Can you think of funny or serious resolutions for the following people:

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