

# New Year's Resolutions

## Topic

New year traditions and New year's resolutions.

## Aims

- To practise speaking skills
- To practise reading skills
- To write resolutions and review future tenses

## Age group

11-18

## Level

B1 / B2

## Time

60 minutes

## Materials

1. New Year's resolutions Student worksheet
2. Useful links: <http://www.hogmanay.net/> - guide to Scottish new year, including events and traditions  
<http://www.theholidayzone.com/newyear/index.html> - some resources for activities and discussions about new year.

## Introduction

Use the title of the text and put it on the board. What type of plans do people make when a year starts? What plans do they have for school? You can also use the words 'New Year' with higher levels and ask them to

[www.teachingenglish.org.uk](http://www.teachingenglish.org.uk)

## Lesson plan

write down anything which they associate with the start of a new year.

Another possible introduction is to use an example from well known British literature which features a character making resolutions (e.g. Bridget Jones in Helen Fielding's "Bridget Jones' Diary" or Adrian Mole in Sue Townsend's "The Secret Diary of Adrian Mole.."). What resolutions do they make? Use examples of your own resolutions from last year and comment on them. Did you stick to them? Why do people make resolutions? Have your students ever made a resolution? (not necessarily for new year but for a new start).

### Procedure

<b>1. New year's resolutions</b>	Run through the resolutions in Task 1 using your own examples. Have students ever made any of these resolutions? Do people in their country make resolutions? Write up your own 3 examples in note form so they get the idea. Students can ask each other about their resolutions in pairs. Get feedback and see which resolutions are most popular.
<b>2. Ways to celebrate the new year</b>	Ask students how they normally celebrate new year. Then get them to read the text and answer the questions. When correcting this exercise you can bring out aspects of New Year in the UK: Hogmanay celebrations in Scottish cities, the superstitions surrounding first footers, the use of mistletoe for kissing, the count down to midnight and the singing of Auld Lang Syne which is sung throughout the English speaking world. Note the very cold swim and give examples of other events in your region if you can. The drinking aspect of New year is perhaps more noticeable in the UK compared to European countries where a big, long meal with accompanying drinking is more customary. Do people get drunk in their country? Do they think this is a good way to celebrate the New Year?
<b>3. New Year in your country</b>	You can either get your students to discuss these questions in pairs or small groups, or do this as a whole class discussion.
<b>4. Good year, bad year</b>	For task 4, give students a few minutes to brainstorm what might make a year good or bad. Get some feedback. Ask students to make notes under the headings. You can elicit question for each of the points – e.g. 'did you make any new friends this year?', before students interview each other. The last question could be done using the internet if students have internet access. Encourage them to find out 3 things that happened in the year they were born and report back to the class. If not, this could be set as a short homework task.
<b>5. Resolutions</b>	Task 5 can be a fun activity where students use their imagination to suggest amusing examples. Students can work in pairs or small groups. Try to give some examples yourself for people you know. You could also bring in pictures of famous people – ask the students to write resolutions for them and the other students can guess who the resolution is for.

### Contributed by

Clare Lavery