



Lesson Goals

Problems

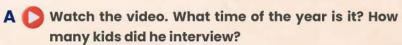
- Gain a deep understanding of the concept of New Year's resolutions.
- Compare the differences between plans and resolutions.
- Create your own New Year's resolutions.

Language Competence

- Engage in a debate about New Year's resolutions.
- Enhance speaking skills in expressing ideas, preferences, explanations, and comparisons.



ENGAGE





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"What are New Year's resolutions?	
Did any of the resolutions mentioned surprise you? W	/hy?



C Look at the speech bubbles below. Which bubbles are plans, and which are resolutions? Tick the boxes, and then match the plans to their corresponding resolutions.

Plans

Resolutions

I didn't pay much attention to my health before. This year, I want to improve my overall health and well-being.

I'll join the guitar club with my friends to form a band, and I'll be the guitarist because I love playing it.

I'm going to study abroad in Korea next year, even though I'm not fluent in Korean.

Plans

Resolutions

I will spend I hour a day to learn the language and explore more about that country.

I will sign up for an instrument class on the weekends.

I will join a yoga class and spend 30 minutes everyday for walking.



A Read the text and answer the questions below.



New Year's resolutions are promises people make as the new year begins. It's like setting goals to try and make things better or different in your life. This tradition is followed by many around the world, where individuals decide what they want to **achieve** or change in the coming year.

In many cultures, such as Western, East Asian, Jewish, and others, making resolutions at New Year's is seen as a fresh start. People take this time to reflect on their past year and think about how they can improve in the year ahead. It's like making a plan for things they want to do better or differently. One great part about New Year's resolutions is they bring lots of good things. They help people concentrate on what they aim for, such as being healthier, picking up new skills, or showing more kindness. Resolutions also give a feeling of having a goal and feeling excited to make good changes. However, sticking to these promises can be tough at times. People might feel upset if they can't continue with their resolutions. It's alright if things don't happen as expected. What's important is giving your best and moving forward step by step.

Making New Year's resolutions is a tradition that celebrates new beginnings and personal growth. It's about trying to be a little better than before, step by step.

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STUDENTS' WORKSHEET



Questions:

- a. What are New Year's resolutions?
- **b.** Why do people make New Year's resolutions?
- c. Why does making resolutions at New Year's provide a fresh start?
- **d.** What are some common themes or goals people set for their New Year's resolutions?
- **e.** Why is it important to remember that sticking to resolutions can sometimes be challenging?

В	Read the passage a	gain and write the w	ords in bold next t	o the definitions below.	
7.5	(a) t	hat you think will happ	en		
	(a) t	naving or causing prob	lems or difficulties		
	(phr	.v) to give all of your a	ttention to one partic	cular activity, subject, or pro	blem
	(n) (definite decision to de	o or not to do someth	ning	
2	(v) t	o succeed in doing sor	mething or causing s	omething to happen	
	(phr	. v) to continue doing s	omething despite di	fficulties	
	(a) t	unhappy or disappoint	ed because of some	thing unpleasant that has h	appened
()	(phr	. v) to think carefully ar	nd deeply about som	nething	
CI				d complete the sentence	s.
	resolution stick to			concentrate on expected	
		, you pror			
		umber of guests for t			
		when her plans f			
4. V	Vith dedication and	practice, he was ab	e to	_ his dream of playing	
the	piano professionally	/.			
5.	often	my past experier	ices to learn from	them and make better	
dec	isions in the future.				
6. D	espite the challenge	es, he managed to _		nis exercise routine and	
sta	y committed to his fi	itness goals.			
7. V	When studying for ex	ams, it's important	to	the material and	
avo	id distractions.				
8. 11	: was a	decision to make.			





A Read and match the purposes to the correct groups of functional language.

To express opinion/preference

To compare ideas

To explain the reasons

- I think ... / I believe ...
- In my view, ...
- I prefer + Ving ...
- Because/Since...
- This is because/This is why...
- · Due to...
- On the one hand/ On the other hand...
- In contrast...
- · However,...



in pairs, discuss the following ideas in pairs and come to an agreement with your friend. Remember to use the useful language in exercise A above.

- 1. Are New Year's resolutions effective in driving personal change, or do they often lead to disappointment and failure? Explain your ideas.
- **2.** Should individuals share their resolutions or is it more effective to keep them private?
- **3.** Should people focus on setting small, achievable goals rather than ambitious resolutions for the New Year? Why and why not.



A	Brainstorm and create your New Year's resolutions by setting three goals in three different areas (for example, your health, your study, your hobby).				
В	Display your New Year's resolutions on a poster and decorate it.				

In class, share your New Year's resolutions with your classmates and tell them about how you can achieve them.





A What have you learned today? Check the list.

Understand of the concept of New Year's resolutions.

Identify the differences between plans and resolutions.

Learn new vocabulary related to New Year's resolutions.

Use new language to express ideas, preferences, explanations, and comparisons.

Come up with ideas for my New Year's resolutions.

B Write a 50-word paragraph about your commitment to the resolutions you have made.