

THIS IS MY YEAR

How will I shape my new year?

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.

1 ENGAGE

A  Watch the video. What time of the year is it? How many kids did he interview?

B  Watch the video again. In groups, discuss the questions below.

"What are New Year's resolutions?"

"Did any of the resolutions mentioned surprise you? Why?"

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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 1 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.

2 EXPLORE

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.



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?

B Read the passage again and write the words in bold next to the definitions below.

- _____ (a) that you think will happen
- _____ (a) having or causing problems or difficulties
- _____ (phr. v) to give all of your attention to one particular activity, subject, or problem
- _____ (n) a definite decision to do or not to do something
- _____ (v) to succeed in doing something or causing something to happen
- _____ (phr. v) to continue doing something despite difficulties
- _____ (a) unhappy or disappointed because of something unpleasant that has happened
- _____ (phr. v) to think carefully and deeply about something

C Look at the words in the box. Choose the correct words and complete the sentences.

resolution	achieve	reflect on	concentrate on
stick to	tough	upset	expected

1. If you make a _____, you promise yourself to do something.
2. The _____ number of guests for the party is around 20.
3. She was _____ when her plans for the weekend were canceled.
4. With dedication and practice, he was able to _____ his dream of playing the piano professionally.
5. I often _____ my past experiences to learn from them and make better decisions in the future.
6. Despite the challenges, he managed to _____ his exercise routine and stay committed to his fitness goals.
7. When studying for exams, it's important to _____ the material and avoid distractions.
8. It was a _____ decision to make.

3 EXPLAIN

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,...*



B  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.

4 ELABORATE

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).

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B  Display your New Year's resolutions on a poster and decorate it.

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

5 EVALUATE

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

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