

Resolution

Word of the month

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1. Write 5 more things people often decide to do at the beginning of a New Year.

1. Eat more healthily
- 2.
- 3.
- 4.
- 5.
- 6.

2. Have you decided to do anything new or different this year? Why/ Why not?

Max 150 words.

3. Complete the sentence with the word of the month.

A New Year's _____ is a commitment to do something positive or to stop doing something negative.

When you make a resolution it means that you are determined to change your behaviour. Remember, it's OK not to make any big resolutions and to just try and make small changes every day.

4. Build your vocabulary: write three synonyms of *resolution*. Use a dictionary to help you.

- a.
- b.
- c.

5.a. Read the acrostic.

Read more

Eat healthily

Slow down

Open your mind

Look at nature

Use technology less

Think for yourself

Include everyone

Organise your homework

Never give up

5.b. Work in groups.

Write an acrostic that includes some of the group's New Year's resolutions.

Teacher's Notes

1. Tick 1, 2, 4, 5, 6
2. Sample answer: I've decided not to do anything different this year because I always make my New Year's resolutions in September. September is the start of the school year after the long summer break so that's when I set myself new goals. To be honest, whenever I make big resolutions though I don't usually stick to them and have normally given up by October. I think next time, I'm going to try and make small positive changes that I will be able to maintain throughout the academic year. I think a better routine would help me to study better and sleep better.
3. A New Year's resolution is a commitment to do something positive or to stop doing something negative.
4. Answers may vary but could include: promise; pledge; commitment; decision; intention.
5. b. Answers may vary.