

# New Year's Resolutions

## Festivals & Holidays

**Introduction:** Ask and answer the questions as a group.

1. Do people celebrate the New Year's Day on the 1<sup>st</sup> of January in your country?
2. Do people usually get together to celebrate on New Year's Eve?
3. Is there anything special that people do when the clock strikes midnight?
4. What is your favourite way to ring in the new year?
5. Do you agree with the expression "In with the new, out with the old"?
6. Do you see the new year as a chance to turn over a new leaf?

**Vocabulary:** What are the things in the pictures?  
Are they usually included in your celebration of the new year?



**Reading & Speaking:** Read the text and answer the questions.

As many people are getting themselves ready for New Year's Eve, many others are beginning to think of something else: their New Year's resolutions.

New Year's resolutions are a tradition in many countries, including the UK and US. It is where a person makes a decision to make some sort of positive change the next year. Common New Year's resolutions are to eat more healthily, do more exercise, study harder, or give up a bad habit.

This tradition may be 4,000 to 5,000 years old, as many believe that the ancient Babylonians and the ancient Egyptians made New Year's resolutions.

One problem is that they are often broken too soon. Some people make unrealistic resolutions, others never keep track of them, and others forget about them altogether!

So, what makes a good New Year's resolution? Well, some experts say it is best to choose one goal, to include a plan, to choose something with specific and achievable milestones, and to make sure it is a resolution you can keep.

So, what will your New Year's Resolution be?

1. Write a New Year's resolution that you would like to make for the upcoming year.
2. Make a small plan and set some milestones.
3. If you would like to, share your resolution with the rest of the group to make it more real.