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Level 5 New Year's resolutions difficult to keep

2nd January, 2015

http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html

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Please try Level 4 (easier) and the 26-page Level 6 (harder).



THE READING

From http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html

The New Year is when we make plans to change our life for the better over the next twelve months. A psychiatry professor said: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26, for example." Unfortunately, most of our promises to quit, start or change things are, more often than not, broken by January 31st. They are usually identical to resolutions that were not fulfilled from the previous years. People tend to make the same resolutions year after year, even though they have a hard time keeping them.

Around 45 per cent of us make a New Year's resolution. The most common ones are to lose weight, volunteer to help others, quit smoking, save money, and get fit. Others include eating healthier food, drinking less alcohol, and going on trips. Research shows that most of us do not stick to these. A study found that 71 per cent of us stick to our promises for the first two weeks, but six months later, less than 50 per cent are on track. Most people give up because they have a lack of willpower. They also use the 'escape clause' that they will 'try again next year'.

Sources: http://www.**science20**.com/the_conversation/symbolic_gestures_the_magical_thinking_of_ new_years_resolutions-151909 http://**detroit.cbslocal.com**/2015/01/01/top-new-years-resolutions-for-2015/ http://www.**huffingtonpost**.com/2015/01/01/bad-new-years-resolutions_n_6401180.html

MATCHING

From <u>http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html</u>

PARAGRAPH ONE:

1.	make	a.	to make the same resolutions
2	change our life	b.	time keeping them
3.	A psychiatry	c.	years
4.	much more	d.	identical
5.	They are usually	e.	for the better
6.	from the previous	f.	plans
7.	People tend	g.	powerful
8.	they have a hard	h.	professor

PARAGRAPH TWO:

1.	The most common	a.	track
2	lose	b.	smoking
3.	quit	c.	two weeks
4.	most of us do not	d.	weight
5.	for the first	e.	clause
6.	less than 50 per cent are on	f.	stick to these
7.	they have a lack of	g.	ones
8.	escape	h.	willpower

LISTEN AND FILL IN THE GAPS

From http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html

The New Year (1) ______ plans to change our life for the (2) ______ twelve months. A psychiatry professor said: "January 1 is a 'magical' date and a vow (3) ______ is much more powerful than one made on August 26, for example." Unfortunately, most of our (4) ______, start or change things are, more often than not, broken by January 31st. They (5) ______ resolutions that were not fulfilled from the previous years. People tend to make the same resolutions year after year, (6) ______ have a hard time keeping them.

Around 45 per cent of us make a New Year's resolution. The most common (7) ________ weight, volunteer to help others, quit smoking, save money, and get fit. (8) _______ healthier food, drinking less alcohol, and going on trips. Research (9) _______ of us do not stick to these. A study found that 71 per cent of us stick to our promises (10) _______ weeks, but six months later, less than 50 per cent are on track. Most people give up because (11) ______ willpower. They also use the 'escape clause' that (12) next year'.

NEW YEAR'S RESOLUTIONS SURVEY

From http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html

Write five GOOD questions about New Year's resolutions in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1	STUDENT 2	STUDENT 3
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

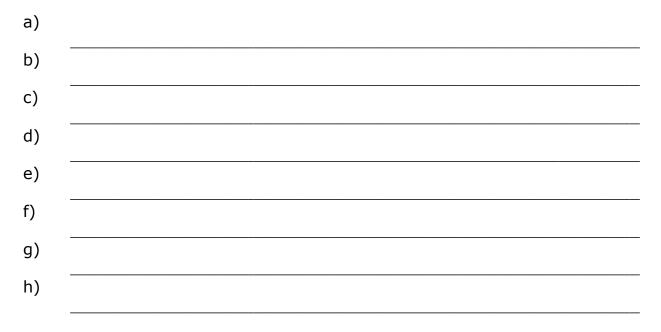
Student A: Do not show these to your speaking partner(s).

a)	
b)	
c)	
d)	
e)	
f)	
g)	
h)	

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).



FREE WRITING

From http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html

Write about **New Year's resolutions** for 10 minutes. Comment on your partner's paper.

