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Level 3

More people to stick to New Year's resolutions

3rd January, 2016

<http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go down in history as one of the best years for people to stick to their New Year's resolutions. These are the promises people make to themselves at the beginning of the year to lose weight, save money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions but fewer than 10 per cent of them keep to these promises. Many people make goals at the beginning of January but have given up by February. The main reason people do not stick to their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need a lot of willpower and many habits are difficult to change.

Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two in five (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and wanting to spend more time with family and friends (33.2%) was fourth. The survey found that young people are making more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided on just two.

Sources: <http://www.independent.co.uk/life-style/new-year-2016-resolutions-how-to-keep-them-a6792876.html>
<http://time.com/money/4163867/top-new-years-resolution-2016/>
http://www.huffingtonpost.ca/kori-mcclaine-/life-changing-new-years-r_b_8900602.html

WARM-UPS

1. NEW YEAR'S RESOLUTIONS: Students walk around the class and talk to other students about New Year's resolutions. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

2016 / history / resolutions / lose weight / save money / adults / unrealistic / habits / list / survey / healthier lifestyle / family and friends / older people / age group

Have a chat about the topics you liked. Change topics and partners frequently.

3. CHANGE: What do you want to change this year? Complete this table and share what you wrote with your partner(s). Change partners often.

	Changes?	Why?
Hobby		
Health		
Money		
Friends		
World		
Food		

4. 2016: Students A **strongly** believe 2016 will be better than 2015; Students B **strongly** believe it won't. Change partners again and talk about your conversations.

5. PROMISES: Rank these with your partner. Put the hardest to keep at the top. Change partners often and share your rankings.

- save money
- quit a bad habit
- get fit
- be nice to everyone
- lose weight
- volunteer
- recycle more
- study English more

6. PROMISE: Spend one minute writing down all of the different words you associate with the word "promise". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. The article says 2016 will be the best ever for New Year's resolutions. | T / F |
| b. The article says that 30% of all adults make New Year's resolutions. | T / F |
| c. Less than 10% of people stick to their New Year's resolutions. | T / F |
| d. The article says many people's resolutions are too unrealistic. | T / F |
| e. The top resolution in a U.S. study was to quit smoking. | T / F |
| f. The second most popular resolution was to be healthier. | T / F |
| g. Younger people make more resolutions than older people. | T / F |
| h. Older people make on average three New Year's resolutions. | T / F |

2. SYNONYM MATCH:

Match the following synonyms from the article.

- | | |
|--------------|-------------|
| 1. stick to | a. major |
| 2. beginning | b. targets |
| 3. main | c. keep |
| 4. willpower | d. bracket |
| 5. habits | e. start |
| 6. top | f. common |
| 7. goals | g. settled |
| 8. popular | h. routines |
| 9. group | i. highest |
| 10. decided | j. strength |

3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- | | |
|---|-------------------------|
| 1. go down in history | a. to their resolutions |
| 2. lose | b. lifestyle |
| 3. The main reason people do not stick | c. to change |
| 4. many resolutions need a lot of | d. on the list |
| 5. many habits are difficult | e. weight |
| 6. Top of the list was to live | f. as one of the best |
| 7. live a healthier | g. with family |
| 8. Losing weight was third | h. willpower |
| 9. spend more time | i. of three resolutions |
| 10. the 18-34 age group made an average | j. life to the fullest |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go down in (1) _____ as one of the best years for people to stick to their New Year's resolutions. These are the (2) _____ people make to themselves at the beginning of the year to lose (3) _____, save money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions but (4) _____ than 10 per cent of them keep to these promises. Many people make goals at the (5) _____ of January but have given up by February. The (6) _____ reason people do not stick to their resolutions is because they are too (7) _____. People think it will be easy to change their behaviour, but many resolutions need a lot of willpower and many (8) _____ are difficult to change.

promises
beginning
history
unrealistic
fewer
habits
weight
main

Researchers in the USA asked people about their resolutions for 2016. Top of the (9) _____ was to live life to the fullest. Nearly half (45.7%) of those who took the (10) _____ said they planned to set this as one of their goals for 2016. The second most popular resolution was to live a (11) _____ lifestyle, with two in five (41.1%) saying this would be one of their (12) _____. Losing weight was third on the list (39.6% of people) and (13) _____ to spend more (14) _____ with family and friends (33.2%) was fourth. The survey found that young people are making more resolutions than older people. Those in the 18-34 age (15) _____ made an average of three resolutions for 2016, while older people (16) _____ on just two.

healthier
list
wanting
decided
survey
group
aims
time

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

- 1) The year 2016 may go _____
 - a. down in historical
 - b. down in histories
 - c. down in history
 - d. down in historian
- 2) These are the promises people make to themselves at the beginning of the _____
 - a. year to lose weight
 - b. year to lost weight
 - c. year to loss weight
 - d. year to loose weight
- 3) half of all adults make New Year's resolutions but fewer than 10 per cent of them keep _____
 - a. to these promises
 - b. to them promises
 - c. to those promises
 - d. to this promises
- 4) The main reason people do not stick to their resolutions is because they _____
 - a. are two unrealistic
 - b. are too unrealistic
 - c. are to unrealistic
 - d. are thru unrealistic
- 5) many resolutions need a lot of willpower and many habits are _____
 - a. difficult to challenge
 - b. difficult to change
 - c. difficult to chance
 - d. difficult to charge
- 6) The second most popular resolution was to live a _____
 - a. healthy a lifestyle
 - b. healthier life's tile
 - c. healthier lifestyle
 - d. healthy a life's tile
- 7) two in five (41.1%) saying this would be one _____
 - a. of their aims
 - b. of their realms
 - c. of their arms
 - d. of their alms
- 8) wanting to spend more time with family and _____
 - a. friends (33.2%) is fourth
 - b. friends (33.2%) was fourth
 - c. friends (33.2%) was forth
 - d. friends (33.2%) is forth
- 9) The survey found that young people are making more resolutions _____
 - a. than olden people
 - b. than oldest people
 - c. than old are people
 - d. than older people
- 10) the 18-34 age group made an average of three resolutions for 2016, while older people _____
 - a. decided on just two
 - b. decided in just two
 - c. decide it on just two
 - d. decide it in just two

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go down in history (1) _____ best years for people to stick to their New Year's resolutions. These are the promises people make to themselves (2) _____ of the year to lose weight, save money, stop smoking, etc. Research shows (3) _____ of all adults make New Year's resolutions but fewer than 10 per cent of them keep (4) _____. Many people make goals at the beginning of January but have given up by February. The main reason people (5) _____ their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need (6) _____ and many habits are difficult to change.

Researchers in the USA asked people (7) _____ for 2016. Top of the list was to (8) _____ fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their goals for 2016. The second most popular resolution (9) _____ lifestyle, with two in five (41.1%) saying this would be one of their aims. Losing weight was (10) _____ (39.6% of people) and wanting to spend more time with family and friends (33.2%) was fourth. The (11) _____ young people are making more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older (12) _____ just two.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

1. How many promises are mentioned at the beginning of the article?

2. How many adults make New Year's resolutions?

3. What percentage of adults stick to their resolutions?

4. What is the biggest reason for people not sticking to resolutions?

5. What do many resolutions need a lot of?

6. What resolution was top of a list for 2016?

7. What was the second most popular resolution?

8. What percentage of people wanted to lose weight?

9. What age group was mentioned as being young?

10. On average, how many resolutions did older people make?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

1. How many promises are mentioned at the beginning of the article?
 - a) 3
 - b) 4
 - c) 5
 - d) 6
2. How many adults make New Year's resolutions?
 - a) two-thirds
 - b) three-quarters
 - c) around half
 - d) three-fifths
3. What percentage of adults stick to their resolutions?
 - a) just over 10%
 - b) around 10%
 - c) exactly 10%
 - d) fewer than 10%
4. What is the biggest reason for people not sticking to resolutions?
 - a) losing weight is difficult
 - b) they are too unrealistic
 - c) they are too easy
 - d) other people
5. What do many resolutions need a lot of?
 - a) willpower
 - b) time
 - c) patience
 - d) older people
6. What resolution was top of a list for 2016?
 - a) studying English
 - b) saving money
 - c) losing weight
 - d) living life to the fullest
7. What was the second most popular resolution?
 - a) stopping smoking
 - b) traveling
 - c) a healthier lifestyle
 - d) exercising
8. What percentage of people wanted to lose weight?
 - a) 36.9%
 - b) 39.6%
 - c) 63.9%
 - d) 69.3%
9. What age group was mentioned as being young?
 - a) 16-28
 - b) 18-24
 - c) 18-34
 - d) 24-34
10. On average, how many resolutions did older people make?
 - a) 1
 - b) 2
 - c) 3
 - d) 4

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

Role A – Lose weight

You think the most difficult resolution is to lose weight. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or get fit.

Role B – Save money

You think the most difficult resolution is to save money. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): lose weight, be nice to everyone or get fit.

Role C – Be nice to everyone

You think the most difficult resolution is to be nice to everyone. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, lose weight or get fit.

Role D – Get fit

You think the most difficult resolution is to get fit. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or lose weight.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'new' and 'year'.

new	year
------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• down• lose• half• goals• main• habits	<ul style="list-style-type: none">• top• set• second• spend• found• average
--	--

NEW YEAR'S RESOLUTIONS SURVEY

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.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.

NEW YEAR'S RESOLUTIONS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the year '2016'?
- 3) How was 2015 for you?
- 4) What New Year's resolutions do you have for 2016?
- 5) Will 2016 be a good year for you? Why?
- 6) What do you do to celebrate the beginning of a new year?
- 7) What would you like to start or stop doing this year?
- 8) What will happen in your life in 2016?
- 9) Are you optimistic or pessimistic about 2016?
- 10) Are New Year's resolutions useful?

More people to stick to New Year's resolutions – 3rd January, 2016
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NEW YEAR'S RESOLUTIONS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Why don't people keep their New Year's resolutions?
- 13) What were the best and worst things about 2015?
- 14) What do you like about the beginning of a new year?
- 15) How important is the new year in your culture?
- 16) What can you do to live life to the fullest?
- 17) What is your biggest hope for 2016?
- 18) What will happen in the world in 2016?
- 19) Why do young people make more resolutions than old people?
- 20) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go (1) _____ in history as one of the best years for people to stick to their New Year's resolutions. These are the promises people make to (2) _____ at the beginning of the year to lose weight, save money, stop smoking, etc. Research (3) _____ that around half of all adults make New Year's resolutions but fewer than 10 per cent of them keep (4) _____ these promises. Many people make goals at the beginning of January but have given up by February. The (5) _____ reason people do not stick to their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need a lot of (6) _____ and many habits are difficult to change.

Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the (7) _____. Nearly half (45.7%) of those who took the survey said they planned to (8) _____ this as one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two (9) _____ five (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and (10) _____ to spend more time with family and friends (33.2%) was fourth. The survey found that young people are (11) _____ more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided (12) _____ just two.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|---------------|----------------|-------------|
| 1. | (a) down | (b) across | (c) up | (d) along |
| 2. | (a) another | (b) others | (c) themselves | (d) self |
| 3. | (a) makes | (b) sees | (c) shows | (d) tests |
| 4. | (a) by | (b) of | (c) as | (d) to |
| 5. | (a) main | (b) mine | (c) mane | (d) mean |
| 6. | (a) powerful | (b) willpower | (c) powered | (d) powder |
| 7. | (a) furthest | (b) farthest | (c) fillets | (d) fullest |
| 8. | (a) bet | (b) set | (c) get | (d) let |
| 9. | (a) at | (b) by | (c) in | (d) to |
| 10. | (a) wants | (b) want | (c) wanted | (d) wanting |
| 11. | (a) makes | (b) made | (c) make | (d) making |
| 12. | (a) of | (b) on | (c) at | (d) to |

SPELLING

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

Paragraph 1

1. go down in syiotrh
2. the mipresos people make
3. lose twhieg
4. half of all usadtI
5. at the eignbngin of January
6. change their vreihuboa (UK) / ivobrhea (USA)

Paragraph 2

7. those who took the esuyvr
8. The second most puarolp
9. live a healthier Itiyslfee
10. Those in the 18-34 age opurg
11. an vrgeaae of three
12. older people ecedidd on just two

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

Number these lines in the correct order.

- () goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two in five
- () fewer than 10 per cent of them keep to these promises. Many people make goals at the beginning of January but have given
- () up by February. The main reason people do not stick to their resolutions is because they are too
- () average of three resolutions for 2016, while older people decided on just two.
- () fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their
- () making more resolutions than older people. Those in the 18-34 age group made an
- () to spend more time with family and friends (33.2%) was fourth. The survey found that young people are
- () resolutions. These are the promises people make to themselves at the beginning of the year to lose weight, save
- () (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and wanting
- () unrealistic. People think it will be easy to change their behaviour, but many resolutions need
- () a lot of willpower and many habits are difficult to change.
- () Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the
- (**1**) The year 2016 may go down in history as one of the best years for people to stick to their New Year's
- () money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions but

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

1. history 2016 the in year of down The one go as may best .

2. of make resolutions half adults Year's Around all New .

3. make the January people at of Many goals beginning .

4. resolutions The main reason people do not stick to their .

5. think it will be easy to change their behaviour People .

6. to was list the of Top fullest the to life live .

7. their as to goals one set They for of this planned 2016 .

8. aims their of one be would this saying five in Two .

9. resolutions people people more older Young making than are .

10. the of age in average 18-34 Those an made three group .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go *down / up* in history as one of the best years for people to *stuck / stick* to their New Year's resolutions. These are the promises people make *for / to* themselves at the beginning of the year to lose weight, *save / saving* money, stop smoking, etc. Research shows that around half of *all / every* adults make New Year's resolutions but fewer than 10 per cent of them keep to *them / these* promises. Many people make goals at the *begins / beginning* of January but have given up by February. The main reason people do not *stick to / two* their resolutions is because they are too unrealistic. People think it will be easy to *chance / change* their behaviour, but many resolutions need a *lot / lots* of willpower and many habits are difficult to change.

Researchers in the USA asked people about their resolutions for 2016. Top of the *list / last* was to live life to the *fullest / fuller*. Nearly half (45.7%) of those who took the survey said they planned to *sit / set* this as one of their goals for 2016. The second most *popular / popularity* resolution was to live a healthier lifestyle, with two *on / in* five (41.1%) saying this would be one of their aims. *Losing / Lost* weight was third on the list (39.6% of people) and wanting to *spend / spending* more time with family and friends (33.2%) was fourth. The survey found that young people are *made / making* more resolutions than *older / olden* people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided *in / on* just two.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

Th_ y__r 2016 m_y g_ d_wn _n h_st_ry _s _n_ _f th_ b_st y__rs f_r p__pl_ t_ st_ck t_ th__r N_w Y__r's r_s_l_t__ns. Th_s_ _r_ th_ pr_m_s_s p__pl_ m_k_ t_ th_ms_lv_s _t th_ b_g_nn_ng _f th_ y__r t_ l_s_w__ght, s_v_ m_n_y, st_p sm_k_ng, _tc. R_s__rch sh_ws th_t _r__nd h_lf _f _ll _d_lts m_k_ N_w Y__r's r_s_l_t__ns b_t f_w_r th_n 10 p_r c_nt _f th_m k__p t_ th_s_ pr_m_s_s. M_ny p__pl_ m_k_ g__ls _t th_ b_g_nn_ng _f J_n__ry b_t h_v_ g_v_n _p by F_br__ry. Th_ m__n r__s_n p__pl_ d_ n_t st_ck t_ th__r r_s_l_t__ns _s b_c__s_ th_y _r_ t__ _nr__l_st_c. P__pl_ thnk _t w_ll b_ __sy t_ ch_ng_ th__r b_h_v__r, b_t m_ny r_s_l_t__ns n_d _l_t _f w_llp_w_r _nd m_ny h_b_ts _r d_ff_c_lt t_ ch_ng_.

R_s__rch_rs _n th_ _S_ _sk_d p__pl_ _b__t th__r r_s_l_t__ns f_r 2016. T_p _f th_ l_st w_s t_l_v_l_f_ t_ th_ f_ll_st. N__rly h_lf (45.7%) _f th_s_ wh_ t_k th_ s_rv_y s__d th_y pl_nn_d t_ s_t th_s_ s_n_ _f th__r g__ls f_r 2016. Th_ s_c_nd m_st p_p_l_r r_s_l_t__n w_s t_l_v_ _h__lth__r_l_fstyl_, w_th tw_ _n f_v_ (41.1%) s_y_ng th_s w__ld b_ _n_ _f th__r __ms. L_s_ng w__ght w_s th_rd _n th_ l_st (39.6% _f p__pl_) _nd w_ntng t_ sp_nd m_r_ t_m_ w_th f_m_ly _nd fr__nds (33.2%) w_s f__rth. Th_ s_rv_y f__nd th_t y__ng p__pl_ _r_ m_k_ng m_r_ r_s_l_t__ns th_n _ld_r p__pl_. Th_s_ _n th_ 18-34 _g_ gr__p m_d_ _n _v_r_g_ _f thr__ r_s_l_t__ns f_r 2016, wh_l_ _ld_r p__pl_ d_c_d_d _n j_st tw_.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go down in history as one of the best years for people to stick to their New Year's resolutions. These are the promises people make to themselves at the beginning of the year to lose weight, save money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions, but fewer than 10 per cent of them keep to these promises. Many people make goals at the beginning of January but have given up by February. The main reason people do not stick to their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need a lot of willpower and many habits are difficult to change.

Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two in five (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and wanting to spend more time with family and friends (33.2%) was fourth. The survey found that young people are making more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided on just two.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1601/160103-new-years-resolutions.html>

The year 2016 may go down in history as one of the best years for people to stick to their New Year's resolutions. These are the promises people make to themselves at the beginning of the year to lose weight, save money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions but fewer than 10 percent of them keep to these promises. Many people make goals at the beginning of January but have given up by February. The main reason people do not stick to their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need a lot of willpower and many habits are difficult to change. Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two in five (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and wanting to spend more time with family and friends (33.2%) was fourth. The survey found that young people are making more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided on just two.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about New Year's resolutions. Share what you discover with your partner(s) in the next lesson.

3. NEW YEAR'S RESOLUTIONS: Make a poster about New Year's resolutions. Show your work to your classmates in the next lesson. Did you all have similar things?

4. 2016: Write a magazine article about 2016. Include imaginary interviews with people who think it will be a good year and with people who think it will be not so good.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on New Year's resolutions. Ask him/her three questions about New Year's resolutions. Give him/her three of your resolutions and why you chose them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c T d T e F f T g T h F

SYNONYM MATCH (p.4)

- | | |
|--------------|-------------|
| 1. stick to | a. keep |
| 2. beginning | b. start |
| 3. main | c. major |
| 4. willpower | d. strength |
| 5. habits | e. routines |
| 6. top | f. highest |
| 7. goals | g. targets |
| 8. popular | h. common |
| 9. group | i. bracket |
| 10. decided | j. settled |

COMPREHENSION QUESTIONS (p.8)

1. Three
2. Around half
3. Fewer than 10%
4. They are too unrealistic
5. Willpower
6. Living life to the fullest
7. A healthier lifestyle
8. 39.6%
9. 18-34
10. Two

MULTIPLE CHOICE - QUIZ (p.9)

1. a 2. c 3. d 4. b 5. a 6. d 7. c 8. b 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)