

Turn over a new leaf

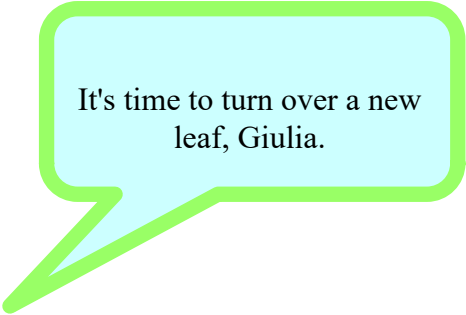
Idiom of the month

a cura di Sarah Gudgeon

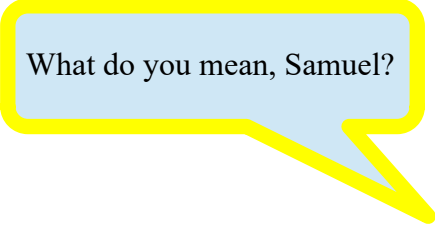
Edizioni gennaio 2025

1. **Write down five more bad habits.**
 - a. Spending too much time online.
 - b.
 - c.
 - d.
 - e.
 - f.

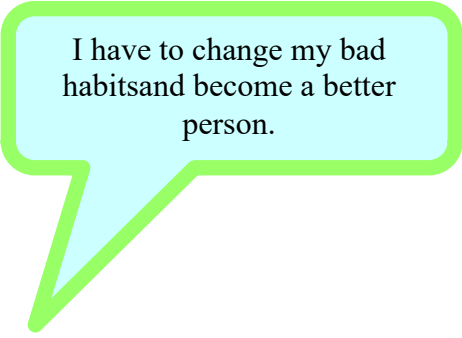
2a. Read



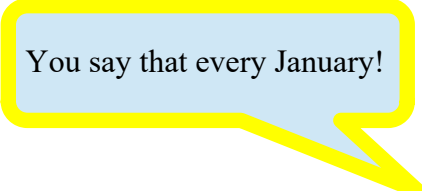
It's time to turn over a new leaf, Giulia.



What do you mean, Samuel?



I have to change my bad habits and become a better person.



You say that every January!

2b. Complete with the idiom of the month.

When people decide to _____ they decide to change themselves for the better.

January is a good time to turn over a new leaf. It's a new year, a new start.

What are you waiting for?

Now is your chance to be the best version of yourself.

3a. Read the blog post.

It's January – again – and social media is full of posts on how you can break your bad habits and turn over a new leaf this year. But perhaps the question we should all be asking ourselves is, do we really want to? The constant struggle for perfection leaves many people exhausted and permanently dissatisfied with their lives. Maybe it's time to embrace our imperfections and allow ourselves to be perfectly imperfect. Or to at least be more realistic about what we want to achieve and set ourselves smaller goals. The Japanese philosophy of *Kaizen* encourages people to improve step-by-step, aiming for a 1% improvement each day rather than 100%, which often results in failure. So, if and when you do feel ready to turn over a new leaf, it might be a good idea to look to the east for inspiration.

3b. Do you agree with the writer?

Why/ Why not. (Max. 150 words).

4. Oracy skills Debate the following motion:

People can never really turn over a new leaf.

Team A: Argue in favour of this statement

Team B: Argue against this statement

Teacher's Notes

1. Sample answers: forgetting to do household chores; wasting money on unnecessary items; doing homework at the last minute; going to bed too late; eating junk food.
2. When people decide to turn over a new leaf they decide to change themselves for the better.
3. Sample answer: *I agree with the writer because every time I go on social media I feel like I need to change my look, my diet, my exercise routine, my skincare, everything basically. Trying to focus on too many things at once never works so I like the idea of the Kaizen approach. I think it's easier to change small things and then once you're happy with that change, trying to make more positive changes. Also, I think that you really have to want to turn over a new leaf for yourself, not just because an influencer tells you to. It's important for everyone to accept their imperfections and choose only the things they want to change to make their life better.*
4. Review language for debates before you put students into teams. Consider nominating a chairperson to moderate the debate. Set a time limit.