

# Resolution

Word of the month

a cura di Sarah Gudgeon

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

1. Eat more healthily
2. Find a new hobby
3. Change nothing
4. Exercise more
5. Save money
6. Study harder

**2. Have you decided to do anything new or different this year? Complete sentence a or b.**

a. Yes, I have. I've decided to ...

b. No, I haven't because ...

**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.a. Read the acrostic.**

**R**ead more

**E**at healthily

**S**low down

**O**pen your mind

**L**ook at nature

**U**se technology less

**T**hink for yourself

**I**nclude everyone

**O**rganise your homework

**N**ever give up

**4.b. Discuss the resolutions with a partner.**

**Would you like to make any of these resolutions.**

**Why/ Why not?**

**Teacher's Notes**

1. Tick 1,2,4,5,6
2. Answers may vary.
3. A New Year's resolution is a commitment to do something positive or to stop doing something negative.
4. Answers may vary.