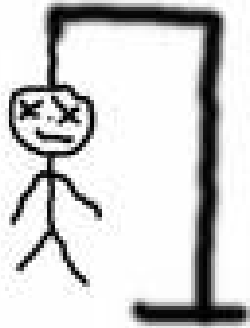


1 Hangman: Guess our new topic

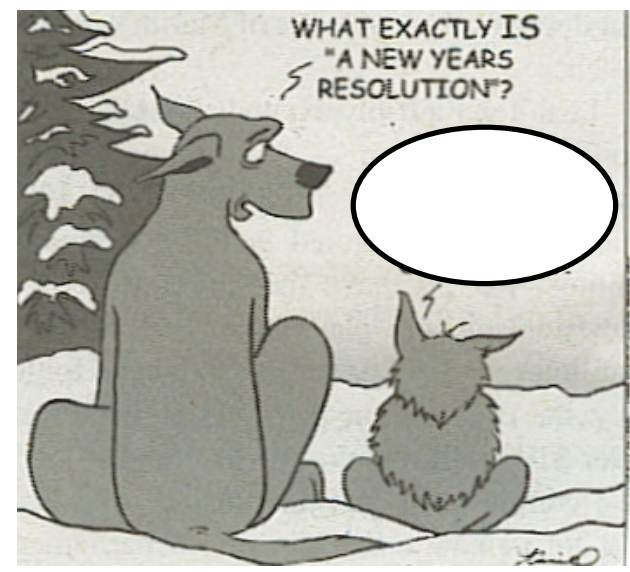


1 Hangman: our new topic is...



New Year's Resolutions

2 Imagine Phil's answer



<http://womenscorner.com/images/resolutions.jpg>

- 3 Comment on Phil's answer. Do you agree with the character's view point?



<http://womenscorner.com/images/resolutions.jpg>

#### 4 What resolutions can you make?

- English  
I will (a promise!) ...
- My job  
I am going to (intention) ...
- Sport  
I would like to ...
- Love  
I hope to ...
- Travel  
I am thinking about ...
- Money  
I will not ...
- Food/Diet  
I am not going to ...

adapted from

<http://iteslj.org/Lessons/Counihan-Activities/Resolutions.html>



#### 4 What resolutions can you make?

- Friends  
I intend to ...
- TV  
I am going to watch ...
- School  
I promise I will ...
- My parents  
I will definitely ...



## 1 Match the synonyms

quit	_____	(a) continue
cut down on	_____	(b) stop
keep doing	_____	(c) reduce
try harder in/at	_____	(d) begin
start	_____	(e) give more effort in/at

[http://bogglesworldesl.com/new\\_year\\_worksheets.htm](http://bogglesworldesl.com/new_year_worksheets.htm)



## 2 What resolutions can you make?

### try harder at/in

(1) I'm planning to **try harder in** English.

(2) \_\_\_\_\_

### starting

(1) I'm thinking of **starting** a Japanese course.

(2) \_\_\_\_\_



## 2 What resolutions can you make?

quit ~ing . . .

(1) I've decided to **quit** smoking.

(2) \_\_\_\_\_

cut down on ~ing . . .

(1) I'm going to **cut down on** surfing the internet.

(2) \_\_\_\_\_

keep ~ing . . .

(1) I'm planning to **keep** helping my mom.

(2) \_\_\_\_\_

### 3 Essay writing

L2

#### **FIRST DRAFT**

Nobody's perfect! The beginning of a new year seems like a good time to think about changing. That's why people make resolutions in January.

In this activity, you are going to write the first draft of an essay about your promises to yourself for the new year. The best resolutions are those that you can be pretty sure of keeping. Choose *three* of the resolutions you listed above – *one* about personal improvement, *one* about family and friends, and *one* about school and the outside world. Write a five-paragraph essay about these New Year's resolutions.

Write your first paragraph here, introducing the topic.

<http://www.teachervision.fen.com/new-years-day/lesson-plan/4136.html>

### 3 Essay writing

L2

#### **DIRECTIONS**

The box below is divided into three sections.

1. In the first section, list at least two resolutions for your personal improvement.
2. In the second section, list at least two resolutions that have to do with family and friends.
3. In the third section, list at least two resolutions about school and the outside world.

PERSONAL IMPROVEMENT:

FAMILY AND FRIENDS:

SCHOOL AND THE OUTSIDE WORLD:

<http://www.teachervision.fen.com/new-years-day/lesson-plan/4136.html>



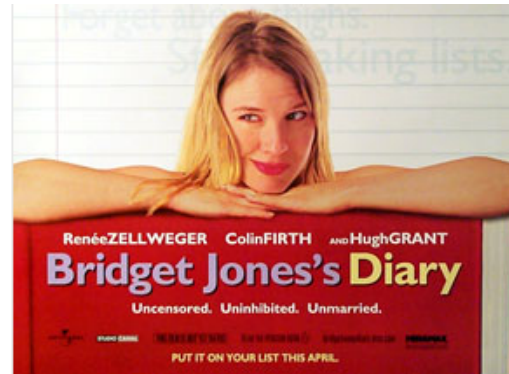
1 Vocabulary - Find the English for:  
"paix intérieure", "cuisses"



[http://www.allposters.com/-sp/-Posters\\_i275849\\_.htm](http://www.allposters.com/-sp/-Posters_i275849_.htm)

L3

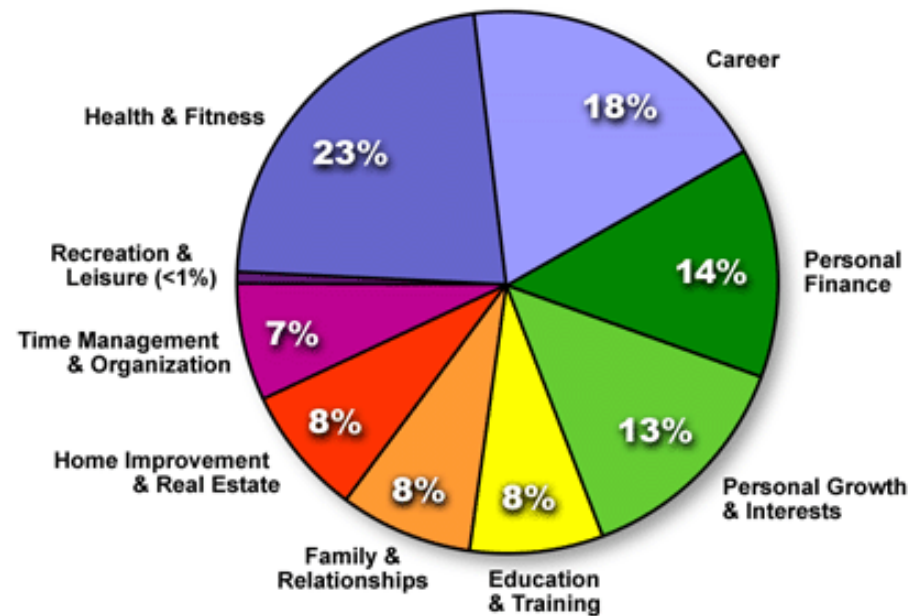
- 2 Use your memory and rephrase Bridget Jones's resolutions using vocabulary from the previous lessons .



[http://www.allposters.com/-sp/-Posters\\_i275849\\_.htm](http://www.allposters.com/-sp/-Posters_i275849_.htm)

- 3 Vocabulary - Find the English for:  
"santé", "croissance", "loisir", "formation",  
"amélioration", "immobilier"

**Top Categories of  
2009 New Year's Resolutions\***



\* Projected  
Source: myGoals.com

<http://www.mygoals.com/images/2009ResolutionsPieChart.gif>

#### 4 Match each goal on the left with a category on the right

"To backpack through Europe"	Career Resolutions
"To spend more time outdoors"	
"To go on a trip for my birthday"	
"To travel to Edinburgh, Ireland, and England"	
"To landscape the yard"	Personal Finance Resolutions
"To spring-clean my apartment"	
"To redecorate my living room"	
"To clean out my room and closet"	Family & Relationship Resolutions
"To complete my dissertation"	
"To become fluent in Russian"	
"To get back to my bachelor's degree"	Home Improvement & Real Estate Resolutions
"To study more"	
"To get to work on time"	
"To organize my life"	Health & Fitness Resolutions
"To organize my desk each day"	
"To create an independent successful private practice"	
"To become an architect"	Personal Growth & Interests
"To start a jewelry business"	
"To find a career I'm satisfied with"	
"To establish a stock portfolio"	
"To create passive income"	Time Management & Organization Resolutions
"To hire an accountant"	
"To take my lunch to work 3 days a week"	
"To pay off my debt"	
"To find a life partner with similar values"	Education & Training Resolutions
"To create and enforce household rules"	
"To be a happy wife"	
"To maintain contact with friends"	
"To fit into my favorite jeans"	
"To sleep better"	
"To reduce stress in my life"	
"To reduce body fat to 10.6%"	
"To read one book a week"	
"To learn more about wine"	
"To mentor a child"	
"To keep a journal"	
"To update my wardrobe"	

adapted from : <http://www.mygoals.com/about/pressRelease015.html>

## 5 Match the goals on the left with a category on the right

### Answers

#### Health & Fitness Resolutions:

- "To fit into my favorite jeans"
- "To sleep better"
- "To reduce stress in my life"
- "To reduce body fat to 10.6%"

#### Career Resolutions:

- "To create an independent successful private practice"
- "To become an architect"
- "To start a jewelry business"
- "To find a career I'm satisfied with"

#### Personal Growth & Interests:

- "To read one book a week"
- "To learn more about wine"
- "To mentor a child"
- "To keep a journal"
- "To update my wardrobe"

#### Personal Finance Resolutions:

- "To establish a stock portfolio"
- "To create passive income"
- "To hire an accountant"
- "To take my lunch to work 3 days a week"
- "To pay off my debt"

#### Family & Relationship Resolutions:

- "To find a life partner with similar values"
- "To create and enforce household rules"
- "To be a happy wife"
- "To maintain contact with friends"

#### Time Management & Organization Resolutions:

- "To get to work on time"
- "To organize my life"
- "To organize my desk each day"

#### Home Improvement & Real Estate Resolutions:

- "To landscape the yard"
- "To spring-clean my apartment"
- "To redecorate my living room"
- "To clean out my room and closet"

#### Education & Training Resolutions:

- "To complete my dissertation"
- "To become fluent in Russian"
- "To get back to my bachelor's degree"
- "To study more"

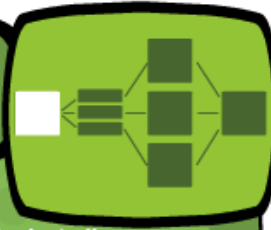
#### Recreation & Leisure Resolutions:

- "To backpack through Europe"
- "To spend more time outdoors"
- "To go on a trip for my birthday"
- "To travel to Edinburgh, Ireland, and England"

<http://www.mygoals.com/about/pressRelease015.html>



# Essay Map



## Introduction

Write one or two sentences that introduce your topic, including a brief description of the main ideas. (If necessary, you can return to this screen once you have outlined your main ideas.)

### Introduction

- you can first define the key word(s) in the subject of the essay.
- you can write a general statement about your subject and people in general (relationship, attitude to, etc)
- you can ask a question , raise a problem to be solved.



Review my map

<EXIT>

©2006 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits

read·write·think  
NCTE marcopolo

<http://www.readwritethink.org/materials/essaymap/>



# Essay Map

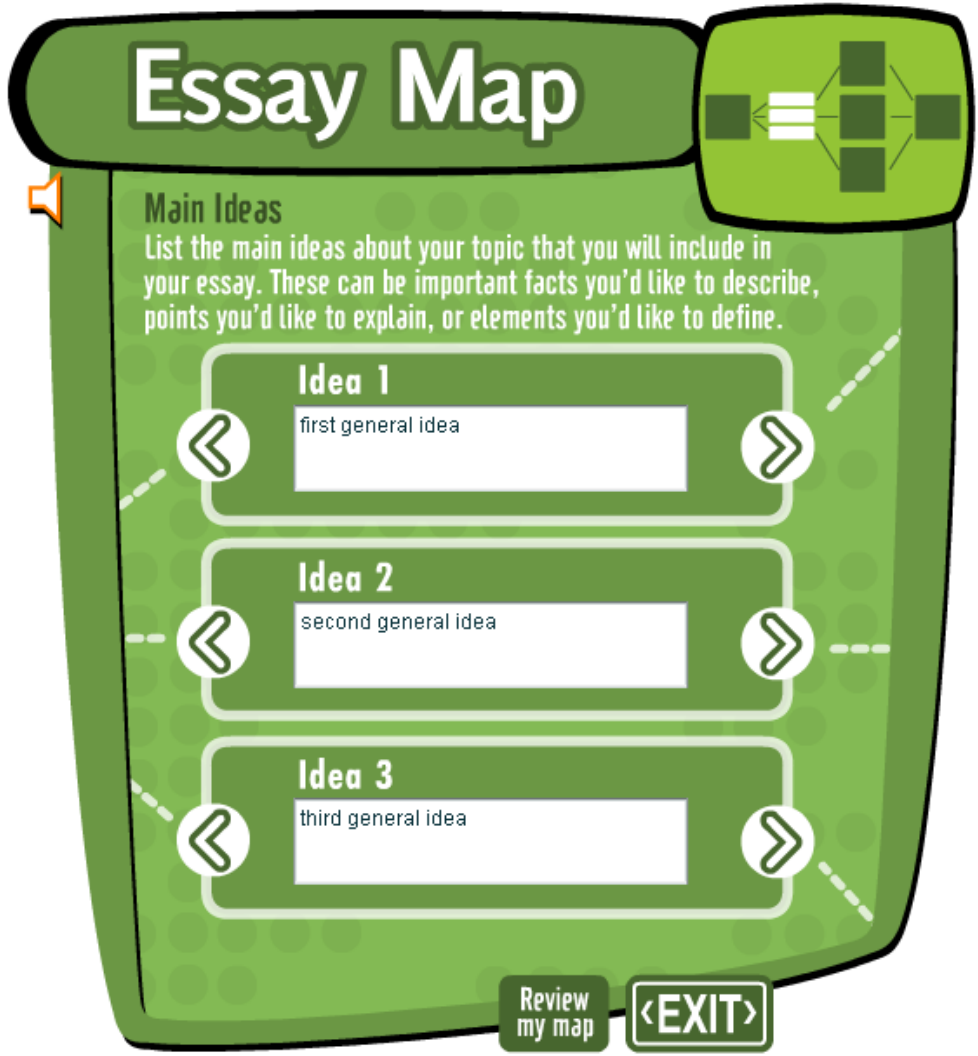
**Main Ideas**  
List the main ideas about your topic that you will include in your essay. These can be important facts you'd like to describe, points you'd like to explain, or elements you'd like to define.

**Idea 1**  
first general idea

**Idea 2**  
second general idea

**Idea 3**  
third general idea

Review my map **<EXIT>**



©2006 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits 

<http://www.readwritethink.org/materials/essaymap/>

# Essay Map

**Idea #1: Supporting Details**  
What are some details that can further describe, explain, or define this idea? Write at least three details.

**Idea #1: Supporting Details**

1.  
Explain how
2.  
Illustrate with a concrete example
3.  
explain what for

Review my map <EXIT>

©2006 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits International Reading Association NCTE marcopolo

<http://www.readwritethink.org/materials/essaymap/>

# Essay Map

**Idea #2: Supporting Details**  
What are some details that can further describe, explain, or define this idea? Write at least three details.

**Idea #2: Supporting Details**

1.
2.
3.

Review my map <EXIT>

©2006 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits   

<http://www.readwritethink.org/materials/essaymap/>

# Essay Map

**Idea #3: Supporting Details**  
What are some details that can further describe, explain, or define this idea? Write at least three details.

**Idea #3: Supporting Details**

1.
2.
3.

Review my map    <EXIT>

©2006 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits

<http://www.readwritethink.org/materials/essaymap/>

# Essay Map

**Conclusion**  
Write one or two sentences that will conclude your essay. These can summarize the main ideas, describe what is important about the topic, or talk about what the reader should take away from the essay.

**Conclusion**  
- say what is the most important about this topic

Review my map <EXIT>

©2008 IRA/NCTE for use on ReadWriteThink.org. All rights reserved. Credits

<http://www.readwritethink.org/materials/essaymap/>

5 Link the following sentences with an appropriate link-word

It's that time of year again when we start talking and thinking about New Year's Resolutions ...

A.  ? | even though

B.  ? | but also

C.  ? | however

they're old hat and we instinctively know they don't work.

We know that within a few days or weeks, the Resolutions will be forgotten, nothing will have changed and ....

A.   ?   | to

B.   ?   | because

C.   ?   | yet

for some reason most people still worry about them.



So why do we still bother with New Year's Resolutions? ...

A.   ?   | First

B.   ?   | Because

C.   ?   | In addition

they're a custom and a New Year ushers in a new start, so what better time than now?

The main reason some people think about New Year's Resolutions is ...

A.   ?   | even

B.   ?   | because

C.   ?   | why

they want to change things in their life.

A.   ?   | Why

B.   ?   | Because

C.   ?   | To

...your friends, family and colleagues may chat about what Resolutions they're going to make, do you find yourself wondering whether to make any?

There's the usual New Year's Resolutions, such as I want to lose weight, change jobs, or earn more money ...

A.  ? | although

B.  ? | but

C.  ? | moreover

they tend to be the same ones you've had for years and they're still incomplete.

These types of Resolutions are too vague. For Resolutions to work, they need to be well thought out ...

A.   ?   and

B.   ?   to

C.   ?   for

have real meaning.

There's even a small chance that we may stick to our Resolutions this year, ...

A.   ?   | so

B.   ?   | but

C.   ?   | to

we have a go.

If not, they become a vague item on your "wish list" ....

A.  ? because

B.  ? or

C.  ? instead

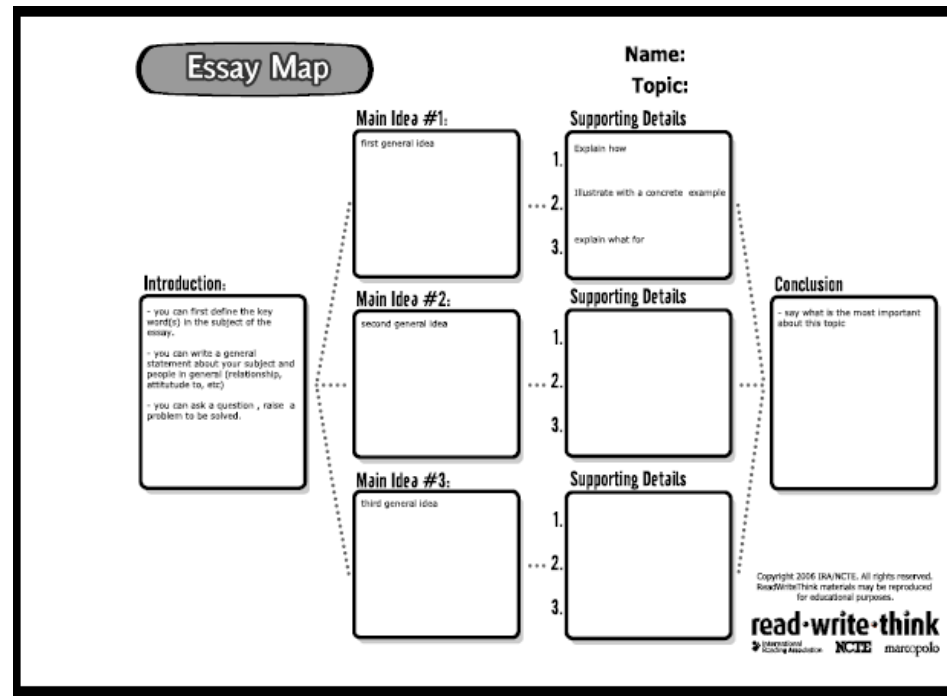
of actually doing something concrete about them.

this exercise was inspired from:

<http://www.hospitalityexpos.com/article8501.html>



- Evaluation (HOMEWORK): use the following map to write your essay about your New Year's Resolutions



<http://www.readwritethink.org/materials/essaymap/>





## Resolve



EVAL

<http://www.youtube.com/watch?v=I9wF5LunEmo>

Watch and study the video on  
YouTube.com

Just before the evaluation, make sure the students watch the video. You might show the "Don't be a Gary" video the lesson before the evaluation so as to revise the whole vocabulary and grammar of the lesson (types of resolutions, expressing future intentions, linking-words) but this video can also be shown to the students at the beginning of the lesson-plan, as an anticipation document.

Evaluation : essay-writing: Are you a Gary?

You might want to suggest the essay outline to the students . Give out the Help Worksheet.



Watch and study the video  
<http://www.youtube.com/watch?v=I9wF5LunEmo>

Answer the following questions

- Who is the character?
- What are his resolutions for the New Year?
- What problems does he face?

Finish the following sentences

- Gary wants..... that's why.....
- Gary has decided..... because.....
- Gary .....in order to .....
- Gary will.....for example .....

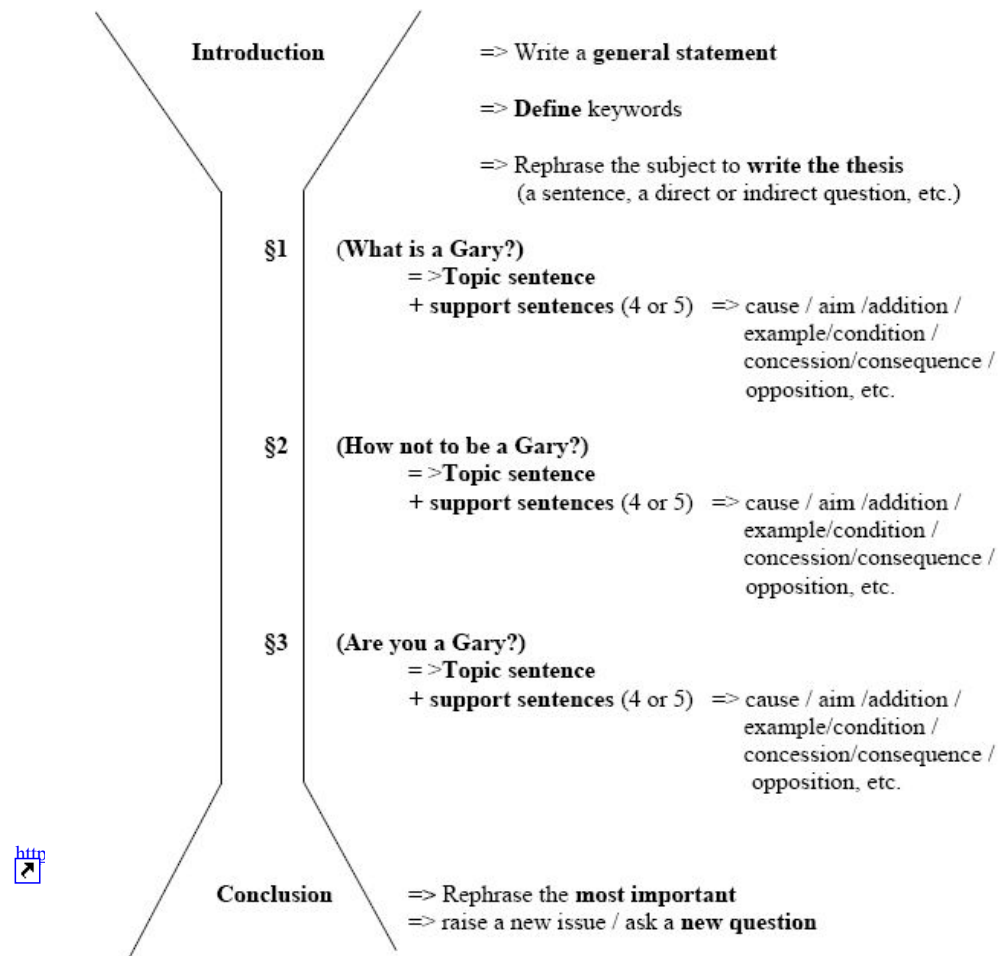
Match one element from each column so as to make a sensible sentence

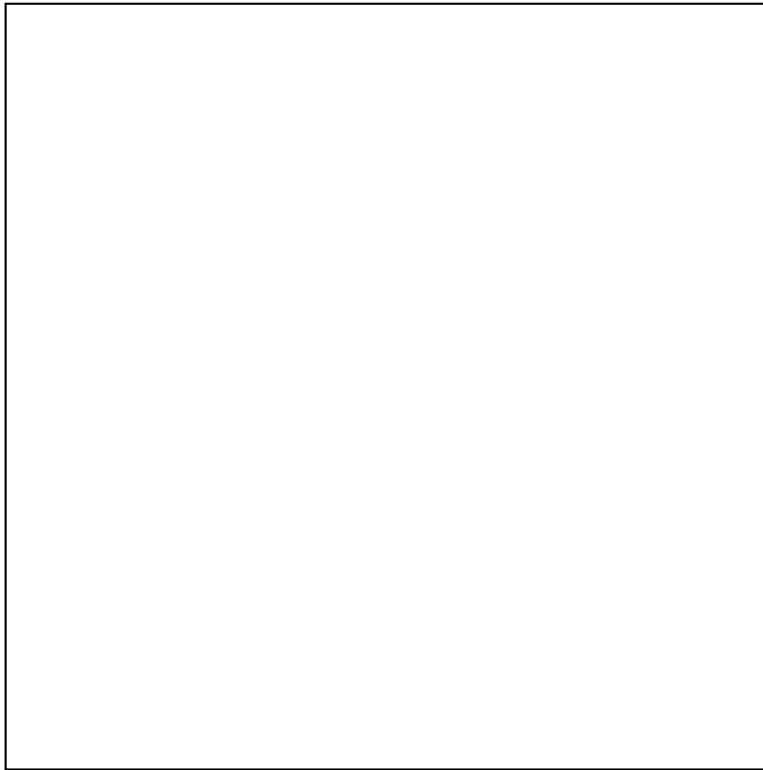
- |   |               |   |
|---|---------------|---|
| • After 6 weeks, 20% of people are maintaining their goals, | • because of  | • he is too fat                                 |
| • This year, Gary has decided to exercise                   | • in order to | • it's too fat                                  |
| • He wants to lose weight                                   | • because     | • he goes to the gym                            |
| • Gary is also determined to make other efforts             | • but         | • lose weight                                   |
| • Gary runs everyday  | • that's why  | • Gary is not one of them                       |
| • Gary no longer eats chips                                 | • for example | • all the hamburgers he ate                     |
| • Last year, Gary put on weight                             | • however     | • quitting smoking and giving up drinking beer. |
|   | • so          |   |
|   | • like        |   |
|   | • yet         |   |
|   | • so as to    |   |

## STUDENT's EVALUATION - HELP WORKSHEET

Essay writing: Are you a Gary?

Use the following outline to write your essay





<http://angusandphil.tripod.com/page34.html>



<http://angusandphil.tripod.com/page20.htm>

## Attachments

---

resolutionsessay.PDF