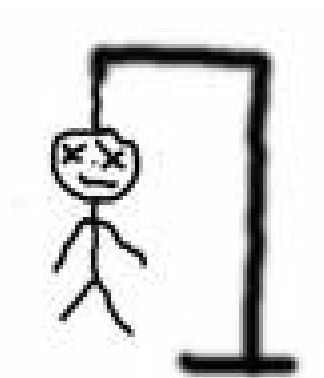


1 Hangman: Guess our new topic



# 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 ...

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



## 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"

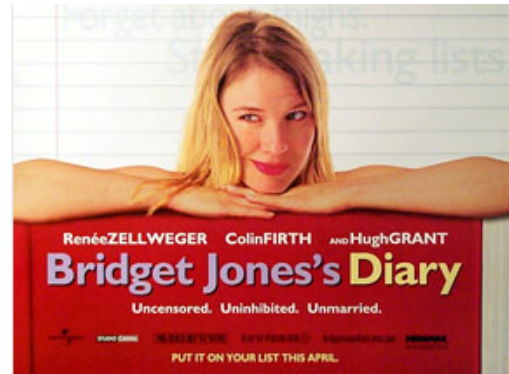


[http://www.allposters.com/-sp/-Posters\\_i275849\\_.htm](http://www.allposters.com/-sp/-Posters_i275849_.htm)



L3

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

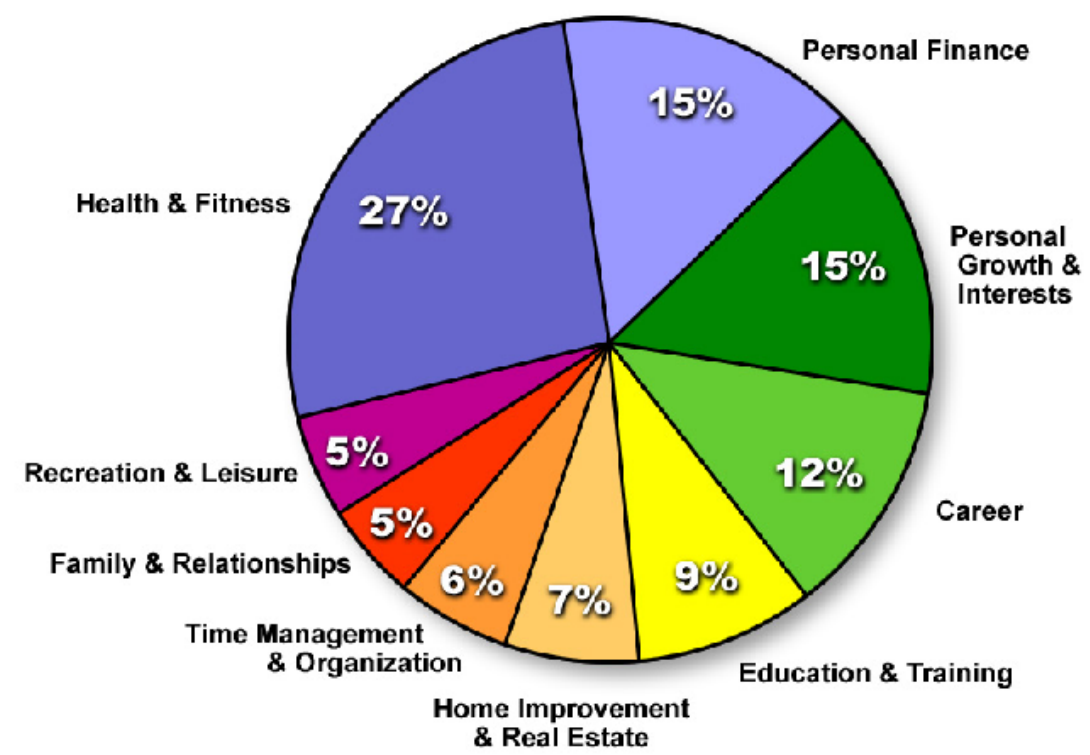


[http://www.allposters.com/-sp/-Posters\\_i275849\\_.htm](http://www.allposters.com/-sp/-Posters_i275849_.htm)



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

### Top Categories of 2007 New Year's Resolutions\*



\* Projected  
Source: myGoals.com

<http://www.mygoals.com/images/2007ResolutionsPieChartHIRES.jpg>

4 Decide what Top category the following sub-categories belong to.  
 Fill in the charts in the next page

<b>Attitude, Motivation &amp; State of Mind</b> 29%	<b>New Job &amp; Promotion</b> 23%
<b>Authorship &amp; Publishing</b> 5%	<b>Other</b> 12%
<b>Buying a Home</b> 9%	<b>Other</b> 13%
<b>Cleaning &amp; Reducing Clutter</b> 11%	<b>Other</b> 17%
<b>Community</b> 2%	<b>Other</b> 26%
<b>Creating a Budget</b> 4%	<b>Other</b> 7%
<b>Debt Retirement</b> 26%	<b>Outdoor Activities</b> 12%
<b>Degrees</b> 34%	<b>Projects</b> 11%
<b>Diet &amp; Nutrition (Non-Weight-Loss)</b> 9%	<b>Reading</b> 7%
<b>Entrepreneurship</b> 20%	<b>Relationships &amp; Friends</b> 33%
<b>Exercise</b> 12%	<b>Sales</b> 8%
<b>Family</b> 13%	<b>Save Money/Prepare for Retirement</b> 11%
<b>General Fitness</b> 15%	<b>Selling a Home</b> 9%
<b>Getting Organized</b> 44%	<b>Social Skills &amp; Image</b> 53%
<b>Goals About Setting Goals</b> 11%	<b>Social Skills</b> 14%
<b>Health &amp; Wellness</b> 4%	<b>Spirituality</b> 2%
<b>Hobbies, Activities &amp; Interests</b> 11%	<b>Sports</b> 18%
<b>Home Improvement</b> 64%	<b>Success in School</b> 17%
<b>Improving Appearance</b> 22%	<b>Test, Certificate &amp; License</b> 3%
<b>Income</b> 10%	<b>Time Management</b> 22%
<b>Income</b> 17%	<b>Travel &amp; Vacations</b> 53%
<b>Investing</b> 6%	<b>Wealth</b> 8%
<b>Job Tasks &amp; Performance (non-Sales)</b> 20%	<b>Weight Loss</b> 60%
<b>Learn Skill/Take Course</b> 38%	<b>Writing</b> 13%
<b>Moving</b> 6%	

**Career Resolutions:**

.....	.....
.....	.....
.....	.....
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.....	.....

**Health & Fitness Resolutions:**

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**Home Improvement & Real Estate Resolutions:**

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**Personal Growth & Interests:**

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**Personal Finance Resolutions:**

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**Education & Training Resolutions:**

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**Family & Relationship Resolutions:**

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.....	.....

**Time Management & Organization Resolutions:**

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.....	.....
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.....	.....

Use source to check answers  
<http://www.mygoals.com/about/pressRelease014.html>

5 Decide what Top category the following goals belong to.

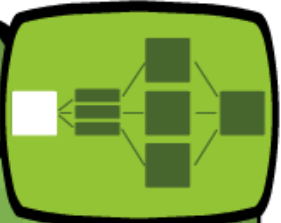
- |   |   |
|---|---|
| "To backpack through Europe"                | "To plan our 25th wedding anniversary"  |
| "To spend more time outdoors"               | "To be a great wife"                    |
| "To improve clipping to the green"          | "To reach out and call my friends"      |
| "To take a trip to Disney World/Orlando"    | "To learn Dutch"                        |
| "To be financially independent"             | "To learn to play the guitar"           |
| "To start looking for another job"          | "To attain the rank of Black Belt"      |
| "To make 125 contacts a week"               | "To improve my German"                  |
| "To become an expert in advertising"        | "To finish my Master's"                 |
| "To become a VP of Human Resources"         | "To lose 10 pounds"                     |
| "To fix up the upstairs office"             | "To Lower My Cholesterol"               |
| "To plan my wedding"                        | "To Set Up a Home Gym"                  |
| "To weed all of the gardens"                | "To have a healthy back"                |
| "To wake up at 8:00"                        | "To reduce stress in my life"           |
| "To control paperwork"                      | "To put the house on the market"        |
| "To get no late fees on bills"              | "To paint the kitchen"                  |
| "To create a will"                          | "To update living room furniture"       |
| "To improve credit rating to buy a new car" | "To do 30 minutes of yard work"         |
| "To retire by age 50"                       | "To clean out the basement"             |
| "To pay off my debt"                        | "To stop biting my nails"               |
| "To initiate conversations more often"      | "To adopt a pet"                        |
| "To watch less television"                  | "To learn to delegate more efficiently" |
|   | "To update my wardrobe"                 |

Use source to check answers

<http://www.mygoals.com/about/pressRelease014.html#HF>



# 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>

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<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.

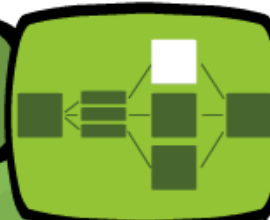
**Idea 1**  
first general idea

**Idea 2**  
second general idea

**Idea 3**  
third general idea

Review my map **<EXIT>**

# 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>

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<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>**

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# 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>

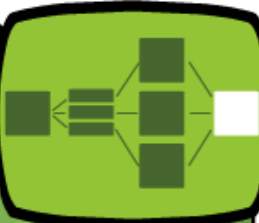
The graphic is a green, rounded rectangle with a white border. At the top, the title 'Essay Map' is written in white on a dark green background. To the right of the title is a small icon of a map with a white square. Below the title, there is a white speech bubble containing the text 'Idea #3: Supporting Details' and a question. In the center, there is a white box with the same title and three numbered lines for writing. At the bottom, there are two buttons: 'Review my map' and '<EXIT>'. Navigation arrows are also present on the sides of the central writing area.

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<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>

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<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

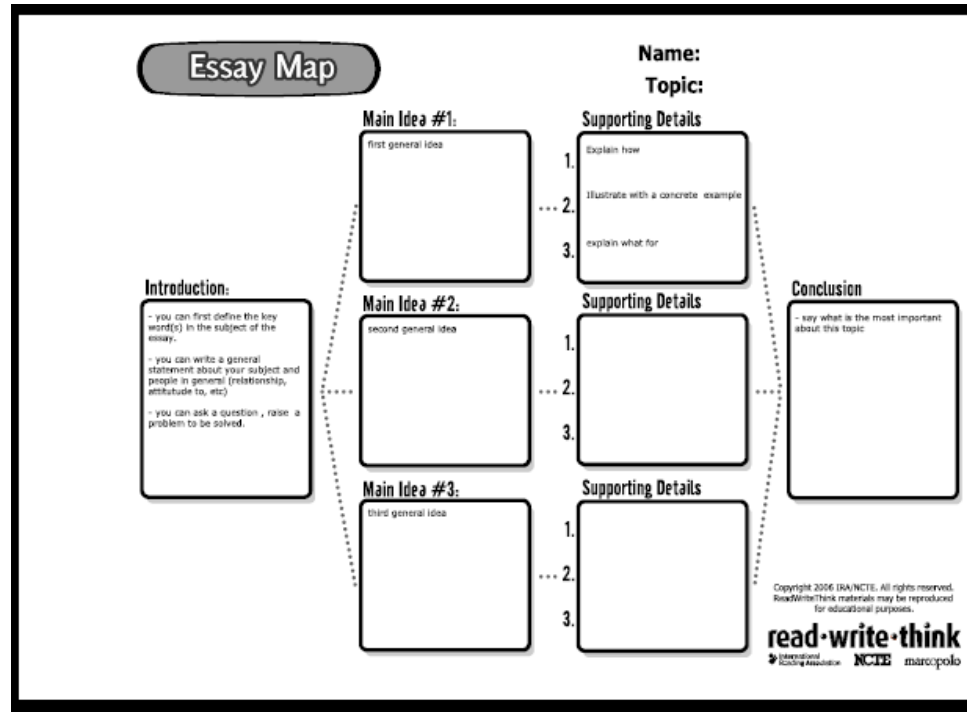
of actually doing something concrete about them.

this exercise was inspired from:

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



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



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



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

Resolve



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



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



resolutionsessay.PDF