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## **Level 5**

# **New Year's resolutions difficult to keep**

**2nd January, 2015**

<http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html>

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**Please try Level 4 (easier) and the 26–page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html>

The New Year is when we make plans to change our life for the better over the next twelve months. A psychiatry professor said: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26, for example." Unfortunately, most of our promises to quit, start or change things are, more often than not, broken by January 31st. They are usually identical to resolutions that were not fulfilled from the previous years. People tend to make the same resolutions year after year, even though they have a hard time keeping them.

Around 45 per cent of us make a New Year's resolution. The most common ones are to lose weight, volunteer to help others, quit smoking, save money, and get fit. Others include eating healthier food, drinking less alcohol, and going on trips. Research shows that most of us do not stick to these. A study found that 71 per cent of us stick to our promises for the first two weeks, but six months later, less than 50 per cent are on track. Most people give up because they have a lack of willpower. They also use the 'escape clause' that they will 'try again next year'.

Sources: [http://www.science20.com/the\\_conversation/symbolic\\_gestures\\_the\\_magical\\_thinking\\_of\\_new\\_years\\_resolutions-151909](http://www.science20.com/the_conversation/symbolic_gestures_the_magical_thinking_of_new_years_resolutions-151909)  
<http://detroit.cbslocal.com/2015/01/01/top-new-years-resolutions-for-2015/>  
[http://www.huffingtonpost.com/2015/01/01/bad-new-years-resolutions\\_n\\_6401180.html](http://www.huffingtonpost.com/2015/01/01/bad-new-years-resolutions_n_6401180.html)

# MATCHING

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html>

## PARAGRAPH ONE:

- |                      |                                 |
|----------------------|---------------------------------|
| 1. make              | a. to make the same resolutions |
| 2. change our life   | b. time keeping them            |
| 3. A psychiatry      | c. years                        |
| 4. much more         | d. identical                    |
| 5. They are usually  | e. for the better               |
| 6. from the previous | f. plans                        |
| 7. People tend       | g. powerful                     |
| 8. they have a hard  | h. professor                    |

## PARAGRAPH TWO:

- |                                 |                   |
|---------------------------------|-------------------|
| 1. The most common              | a. track          |
| 2. lose                         | b. smoking        |
| 3. quit                         | c. two weeks      |
| 4. most of us do not            | d. weight         |
| 5. for the first                | e. clause         |
| 6. less than 50 per cent are on | f. stick to these |
| 7. they have a lack of          | g. ones           |
| 8. escape                       | h. willpower      |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html>

The New Year (1) \_\_\_\_\_ plans to change our life for the (2) \_\_\_\_\_ twelve months. A psychiatry professor said: "January 1 is a 'magical' date and a vow (3) \_\_\_\_\_ is much more powerful than one made on August 26, for example." Unfortunately, most of our (4) \_\_\_\_\_, start or change things are, more often than not, broken by January 31st. They (5) \_\_\_\_\_ resolutions that were not fulfilled from the previous years. People tend to make the same resolutions year after year, (6) \_\_\_\_\_ have a hard time keeping them.

Around 45 per cent of us make a New Year's resolution. The most common (7) \_\_\_\_\_ weight, volunteer to help others, quit smoking, save money, and get fit. (8) \_\_\_\_\_ healthier food, drinking less alcohol, and going on trips. Research (9) \_\_\_\_\_ of us do not stick to these. A study found that 71 per cent of us stick to our promises (10) \_\_\_\_\_ weeks, but six months later, less than 50 per cent are on track. Most people give up because (11) \_\_\_\_\_ willpower. They also use the 'escape clause' that (12) \_\_\_\_\_ next year'.

# NEW YEAR'S RESOLUTIONS SURVEY

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

# FREE WRITING

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-5.html>

Write about **New Year's resolutions** for 10 minutes. Comment on your partner's paper.

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