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## **Level 0**

### **More people to stick to New Year's resolutions**

**3rd January, 2016**

<http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

Many people will keep their New Year's resolutions in 2016.

About half of adults make resolutions but fewer than 10 per cent keep them. Many people give up by February. Some of their resolutions are too hard. People think it is easy to change their life, but many habits are difficult to change.

There was a survey about New Year's resolutions. The top resolution was to live life to the fullest. The second most popular resolution was to live more healthily. Losing weight was third and spending more time with family and friends was fourth. Young people made more resolutions than older people.

Sources: <http://www.independent.co.uk/life-style/new-year-2016-resolutions-how-to-keep-them-a6792876.html>  
<http://time.com/money/4163867/top-new-years-resolution-2016/>  
[http://www.huffingtonpost.ca/kori-mclaine-/life-changing-new-years-r\\_b\\_8900602.html](http://www.huffingtonpost.ca/kori-mclaine-/life-changing-new-years-r_b_8900602.html)

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

## PARAGRAPH ONE:

- |                                |                           |
|--------------------------------|---------------------------|
| 1. Many people will keep their | a. it is easy             |
| 2. About half                  | b. to change              |
| 3. fewer than                  | c. are too hard           |
| 4. Many people give            | d. New Year's resolutions |
| 5. Some of their resolutions   | e. their life             |
| 6. People think                | f. of adults              |
| 7. change                      | g. 10 per cent            |
| 8. habits are difficult        | h. up by February         |

## PARAGRAPH TWO:

- |  |                           |
|--|---------------------------|
| 1. There was a survey about                | a. older people           |
| 2. The top                                 | b. to the fullest         |
| 3. live life                               | c. with family            |
| 4. The second most                         | d. weight                 |
| 5. live more                               | e. resolution             |
| 6. Losing                                  | f. New Year's resolutions |
| 7. spending more time                      | g. healthily              |
| 8. Young people made more resolutions than | h. popular resolution     |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

Many people (1) \_\_\_\_\_ New Year's resolutions in 2016. (2) \_\_\_\_\_ adults make resolutions but fewer than 10 per cent (3) \_\_\_\_\_. Many people (4) \_\_\_\_\_ February. Some of their resolutions (5) \_\_\_\_\_. People think it is easy to change their life, but many habits (6) \_\_\_\_\_ change.

There was (7) \_\_\_\_\_ New Year's resolutions.

The top resolution was (8) \_\_\_\_\_ to the fullest.

The second most popular resolution (9) \_\_\_\_\_

more healthily. Losing (10) \_\_\_\_\_ and spending

more (11) \_\_\_\_\_ and friends was fourth. Young

people made more resolutions (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions.html>

ManypeoplewillkeeptheirNewYear'sresolutionsin2016.Abouthalfofa  
dultsmakeresolutionsbutfewerthan10percentkeepthem.Manypeopl  
egiveupbyFebruary.Someoftheirresolutionsaretoohard.Peoplethink  
itiseasytochangetheirlife,butmanyhabitsaredifficulttochange.There  
wasasurveyaboutNewYear'sresolutions.Thetopresolutionwastolive  
ifetothe fullest.Thesecondmostpopularresolutionwastolive more heal  
thily.Losingweightwasthirdandspendingmoretimewithfamilyandfrie  
ndswasfourth.Youngpeoplemademorereresolutionsthanolderpeople.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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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) \_\_\_\_\_

