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Level 2

More people to stick to New Year's resolutions

3rd January, 2016

<http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-2.html>

The year 2016 may be one of the best years for people to keep their New Year's resolutions. These are the promises we make to ourselves at the beginning of the year to lose weight, save money, etc. About half of all adults make New Year's resolutions but fewer than 10 per cent keep them. Many people make goals at the beginning of January but give up by February. The main reason people give up is because they are too hard. People think it is easy to change their behaviour. Many resolutions need a lot of strength and many habits are difficult to change.

Researchers asked people about their resolutions for 2016. The top one was to live life to the fullest. Nearly half of those who took the survey said this would be one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle - 41.1% of people said this would be one of their aims. Losing weight was third on the list and wanting to spend more time with family and friends was fourth. Young people are making more resolutions than older people. Those aged 18-34 made an average of three resolutions for 2016, while older people decided on just two.

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

MATCHING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------|----------------------|
| 1. 2016 may be one of | a. give up |
| 2. lose | b. a lot of strength |
| 3. About half | c. it is easy |
| 4. The main reason people | d. the best years |
| 5. People think | e. weight |
| 6. change their | f. to change |
| 7. Many resolutions need | g. behaviour |
| 8. many habits are difficult | h. of all adults |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------------|
| 1. Researchers asked people | a. time with family |
| 2. The top one was to live | b. goals for 2016 |
| 3. Nearly half of those who | c. on just two |
| 4. one of their | d. took the survey |
| 5. The second most | e. 18-34 |
| 6. wanting to spend more | f. about their resolutions |
| 7. Those aged | g. popular resolution |
| 8. people decided | h. life to the fullest |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-2.html>

The year 2016 (1) _____ the best years for people to keep their New Year's resolutions. These (2) _____ we make to ourselves at the beginning of the year to lose weight, save money, etc. (3) _____ adults make New Year's resolutions but fewer than 10 per cent keep them. Many people make goals (4) _____ of January but give up by February. (5) _____ people give up is because they are too hard. People think it is easy to change their behaviour. Many resolutions need a lot of strength and (6) _____ difficult to change.

Researchers (7) _____ their resolutions for 2016. The top one was to live (8) _____. Nearly half of those who took the survey said this would be one of their goals for 2016. The second (9) _____ resolution was to live a healthier lifestyle - 41.1% of people said this would be one of their aims. Losing weight was third on the list and (10) _____ more time with family and friends was fourth. Young people are making (11) _____ than older people. Those aged 18-34 made an average of three resolutions for 2016, while older people (12) _____ two.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-2.html>

The year 2016 may be one of the best years for people to keep their New Year's resolutions. These are the promises we make to ourselves at the beginning of the year to lose weight, save money, etc. About half of all adults make New Year's resolutions but fewer than 10 percent keep them. Many people make goals at the beginning of January but give up by February. The main reason people give up is because they are too hard. People think it is easy to change their behaviour. Many resolutions need a lot of strength and many habits are difficult to change. Researchers asked people about their resolutions for 2016. The top one was to live life to the fullest. Nearly half of those who took the survey said this would be one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle - 41.1% of people said this would be one of their aims. Losing weight was third on the list and wanting to spend more time with family and friends was fourth. Young people are making more resolutions than older people. Those aged 18-34 made an average of three resolutions for 2016, while older people decided on just two.

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)
