

More people to stick to New Year's resolutions

3rd January, 2016



The year 2016 may go down in history as one of the best years for people to stick to their New Year's resolutions. These are the promises people make to themselves at the beginning of the year to lose weight, save money, stop smoking, etc. Research shows that around half of all adults make New Year's resolutions but fewer than 10 per cent of them keep to these promises. Many people make goals at the beginning of January but have given up by February. The main reason people do not stick to their resolutions is because they are too unrealistic. People think it will be easy to change their behaviour, but many resolutions need a lot of willpower and many habits are difficult to change.

Researchers in the USA asked people about their resolutions for 2016. Top of the list was to live life to the fullest. Nearly half (45.7%) of those who took the survey said they planned to set this as one of their goals for 2016. The second most popular resolution was to live a healthier lifestyle, with two in five (41.1%) saying this would be one of their aims. Losing weight was third on the list (39.6% of people) and wanting to spend more time with family and friends (33.2%) was fourth. The survey found that young people are making more resolutions than older people. Those in the 18-34 age group made an average of three resolutions for 2016, while older people decided on just two.

Sources: independent.co.uk / time.com / HuffingtonPost.com

Writing

The year 2016 will be a great year. Discuss.

Chat

Talk about these words from the article.

2016 / history / resolutions / lose weight / save money / adults / unrealistic / habits / list / survey / healthier lifestyle / family and friends / older people / age group

True / False

- The article says 2016 will be the best ever for New Year's resolutions. T / F
- The article says that 30% of all adults make New Year's resolutions. T / F
- Less than 10% of people stick to their New Year's resolutions. T / F
- The article says many people's resolutions are too unrealistic. T / F
- The top resolution in a U.S. study was to quit smoking. T / F
- The second most popular resolution was to be healthier. T / F
- Younger people make more resolutions than older people. T / F
- Older people make on average three New Year's resolutions. T / F

Synonym Match

- | | |
|--------------|-------------|
| 1. stick to | a. major |
| 2. beginning | b. targets |
| 3. main | c. keep |
| 4. willpower | d. bracket |
| 5. habits | e. start |
| 6. top | f. common |
| 7. goals | g. settled |
| 8. popular | h. routines |
| 9. group | i. highest |
| 10. decided | j. strength |

Discussion – Student A

- What were the best and worst things about 2015?
- What do you like about the beginning of a new year?
- How important is the new year in your culture?
- What can you do to live life to the fullest?
- What is your biggest hope for 2016?
- What will happen in the world in 2016?
- Why do young people make more resolutions than old people?
- What questions would you like to ask the researchers?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

1. go down in history
 2. lose
 3. The main reason people do not stick
 4. many resolutions need a lot of
 5. many habits are difficult
 6. Top of the list was to live
 7. live a healthier
 8. Losing weight was third
 9. spend more time
 10. the 18-34 age group made an average
- a. to their resolutions
 - b. lifestyle
 - c. to change
 - d. on the list
 - e. weight
 - f. as one of the best
 - g. with family
 - h. willpower
 - i. of three resolutions
 - j. life to the fullest

Discussion – Student B

- a) How was 2015 for you?
- b) What New Year's resolutions do you have for 2016?
- c) Will 2016 be a good year for you? Why?
- d) What do you do to celebrate the beginning of a new year?
- e) What would you like to start or stop doing this year?
- f) What will happen in your life in 2016?
- g) Are you optimistic or pessimistic about 2016?
- h) Are New Year's resolutions useful?

Spelling

1. go down in syiotrh
2. the mipresos people make
3. lose twhieg
4. half of all usadtI
5. at the eignbnqin of January
6. change their vreihuboa (UK) / ivobrhea (USA)
7. those who took the esuyvr
8. The second most puarolp
9. live a healthier ltiyslfee
10. Those in the 18-34 age opurg
11. an vrgeaae of three
12. older people ecedidd on just two

Answers – Synonym Match

1. c	2. e	3. a	4. j	5. h
6. i	7. b	8. f	9. d	10. g

Role Play

Role A – Lose weight

You think the most difficult resolution is to lose weight. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or get fit.

Role B – Save money

You think the most difficult resolution is to save money. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): lose weight, be nice to everyone or get fit.

Role C – Be nice to everyone

You think the most difficult resolution is to be nice to everyone. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, lose weight or get fit.

Role D – Get fit

You think the most difficult resolution is to get fit. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or lose weight.

Speaking – Promises

Rank these with your partner. Put the hardest to keep at the top. Change partners often and share your rankings.

- lose weight
- volunteer
- recycle more
- study English more
- save money
- quit a bad habit
- get fit
- be nice to everyone

Answers – True False

a	F	b	F	c	T	d	T	e	F	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.