New Year

Lesson 2

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Warm up

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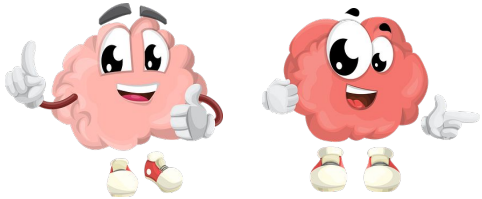
Let’s warm up!



spend a holiday in a big city

Describe the destination of your last holiday.

or

spend a holiday on a sunny beach?

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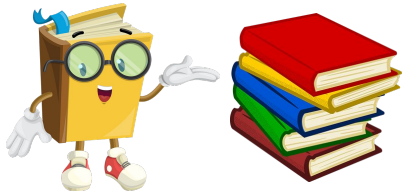
Let's warm up!



make a resolution to exercise more

Do you have a New Year's resolution?

or

make a resolution to eat more healthy food?

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Let’s warm up!

set a lot of small goals

Describe how you plan to keep your resolutions this year.

or

set one big goal?

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Recap: Lesson 1

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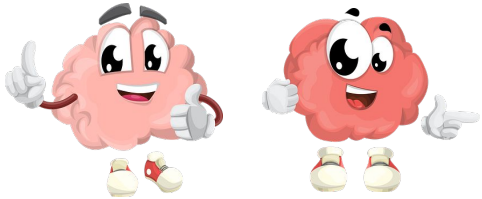
Recap: Lesson 1



Describe what you learned about each New Year topic below in lesson 1.

New Year's Eve traditions

New Year's resolutions

Fireworks displays

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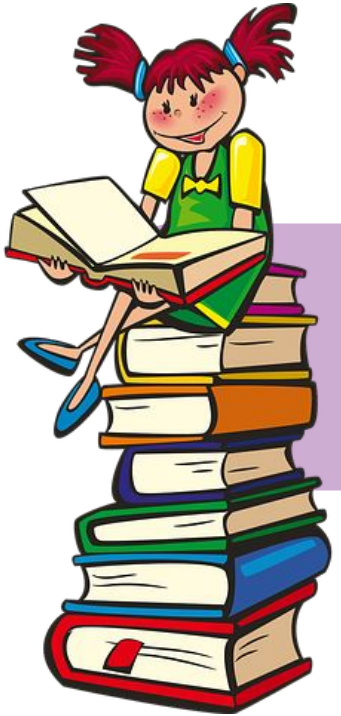

Vocabulary

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New Words: Part 1

Match the word to the picture!

mask noisemakers party calendar

1

2

3

4

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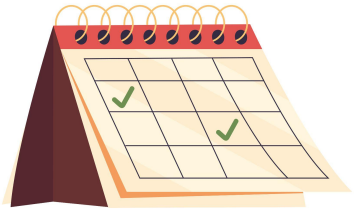
Check your answers!

Well done!

1

noisemakers

2



calendar

3

mask

4

party

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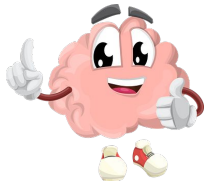
New Words: Part 2



Match the word to the picture!

take a class | exercise | work in the garden | spend time with family

5

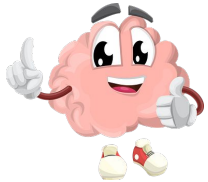
6

7

8

© ESL Pals

Check your answers!

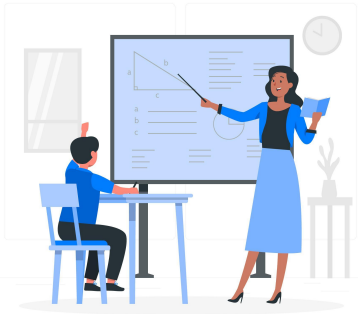


Great job!

5

exercise

6



take a class

7

spend time with family

8

work in the garden

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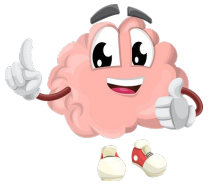
Complete the sentences!



1. The we bought are very loud.
2. Don't forget to put the date on the .
3. I will wear a with my costume.
4. Our family is having a on New Year's Eve.

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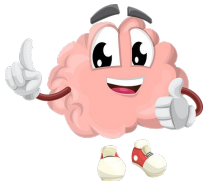
Check your answers!



1. The **noisemakers** we bought are very loud.
2. Don’t forget to put the date on the **calendar**.
3. I will wear a **mask** with my costume.
4. Our family is having a **party** on New Year’s Eve.

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Complete the sentences

5. My resolution this year is to more.

6. Her resolution is to in the New Year.

7. His New Year's resolution is to .

8. Janice will this year for her resolution.

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Check your answers!

5. My resolution this year is to **exercise** more.

6. Her resolution is to **take a class** in the New Year.

7. His New Year's resolution is to **spend time with family**.

8. Janice will **work in the garden** this year for her resolution.

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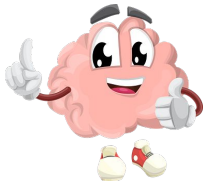
Answer the questions



1. Do you go to a party on New Year's Eve?
2. Do people wear masks and costumes on New Year's Eve in your city?
3. Will you use noisemakers?
4. What do you think are some good New Year's resolutions?
5. Do you want to take a class in the upcoming year?
6. Do you want to spend more time with family? Friends? Pets?
7. Is getting more exercise a popular resolution in your country?
8. Do you want to learn a new skill this year? What skill?

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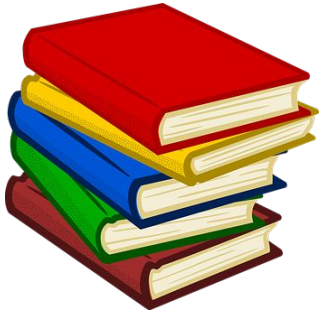

Reading

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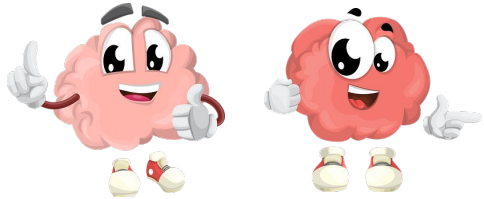
New Year's Resolutions!



In the US, many people make New Year's resolutions. They promise to do something better in the coming year. But it's not easy to keep these promises. By the middle of January, 25 percent of people have already broken their resolutions. And by the end of the year, only 8 percent of people have kept them.

So what are the most popular resolutions? According to a recent survey, here are the top three:

- Get fit. A lot of people want to lose weight and exercise more.
- Learn something new. Many people want to learn a new language or play a musical instrument.
- Save money. People want to spend less and save more.

But why are New Year's resolutions so difficult to keep? Some experts say that they're too big. It's better to start with small goals. For example, if you want to get fit, try going for a walk three times a week. And if you break your goal, don't give up! Start again the next day.

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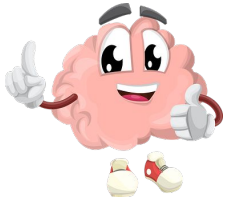
Resolutions: True or False?



By the end of the year, only 18% have kept their resolutions.

or

A lot of people want to lose weight and exercise more.

or

People want to spend more and save less.

or

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Check your answers!

By the end of the year, only 18% have kept their resolutions.

A lot of people want to lose weight and exercise more.

People want to spend more and save less.

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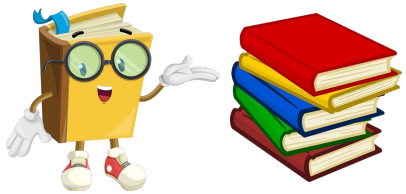
Tom’s Resolutions



It's January 1st. It's the start of a new year. I'm very happy because it's my birthday, too. I'm 12 today! My name is Tom, and I live in a small town near London. I'm a student at Greenfields School. My favourite subjects are math and science. I want to be a scientist one day.

I have some New Year's resolutions this year. This year, I want to do more exercise. Every day, I'm going to walk to school. I usually go by bus. My mum says it's a good idea! I'm also going to play more sports. I like football and basketball, but I don't play very often. I'm going to join the school football team this year.

I'm also going to spend less time on my phone. I love playing games on my phone, but I think I spend too much time on it. I'm going to read more books this year. I'm reading a really good book at the moment. It's called 'The Hunger Games'. It's fantastic!

Finally, I'm going to help my parents more. I'm going to clean my room every week, and I'm going to wash the dishes after dinner. I think this year is going to be amazing!

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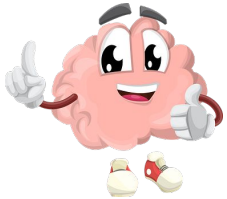
Tom's Resolutions: True or False?



Tom is going to walk to school every day.

or

Tom is going to spend more time on his phone.

or

Tom wants to help his parents more at home.

or

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Check your answers!

Tom is going to walk to school every day.

Tom is going to spend more time on his phone.

Tom wants to help his parents more at home.

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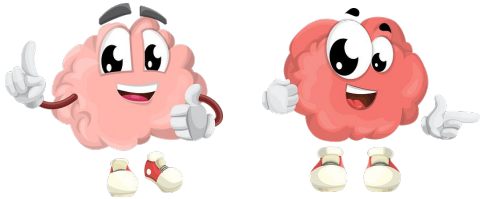
Answer the questions



1. Do you walk to school every day like Tom?
2. Do you want to play more sports this year like Tom?
3. Do you spend too much time on your phone too?
4. Are you reading a good book at the moment?
5. Do you want to help your parents more at home too?
6. What are some bad habits you would like to stop?
7. What are some new skills you would like to learn?
8. Do you think you will keep your resolution this year?

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Act out the dialogues with a partner!

Dialogues

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take a class | work in the garden | exercise | calendar

David: Have you made a New Year's resolution?

Oliver: Yes, of course! I want to learn a new language, so I will _____.

David: That's cool. Our house has a big yard so I will _____.

Oliver: That sounds fun. Will you start right away?

David: Yes. I will mark it on my _____ so I know when to start.

Oliver: Good idea. Do you have any other resolutions?

David: I want to get healthier this year so I will get more _____.

Oliver: Me too! Let's join a gym together.

© ESL Pals

Check your answers!

David: Have you made a New Year's resolution?

Oliver: Yes, of course! I want to learn a new language, so I will **take a class**.

David: That's cool. Our house has a big yard so I will **work in the garden**.

Oliver: That sounds fun. Will you start right away?

David: Yes. I will mark it on my **calendar** so I know when to start.

Oliver: Good idea. Do you have any other resolutions?

David: I want to get healthier this year so I will get more **exercise**.

Oliver: Me too! Let's join a gym together.

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mask noisemakers party spend time with family

Darren: Did you go to a _____ on New Year's Eve?

Claire: Of course! I wore a costume and a _____.

Darren: That sounds fun! Was it very loud?

Claire: Yes! Everyone cheered at midnight and used _____.

Darren: Did you make a New Year's resolution?

Claire: Yes. I want to stay home more and _____.

Darren: That is a great resolution. I want to do the same.

Claire: Great idea! Happy New Year!

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Check your answers!

Darren: Did you go to a **party** on New Year's Eve?

Claire: Of course! I wore a costume and a **mask**.

Darren: That sounds fun! Was it very loud?

Claire: Yes! Everyone cheered at midnight and used **noisemakers**.

Darren: Did you make a New Year's resolution?

Claire: Yes. I want to stay home more and **spend time with family**.

Darren: That is a great resolution. I want to do the same.

Claire: Great idea! Happy New Year!

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Watch the video

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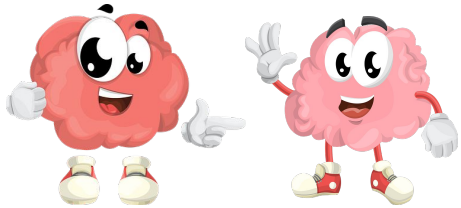
Watch the video!



[New Year's resolutions – A2 English Listening Test]

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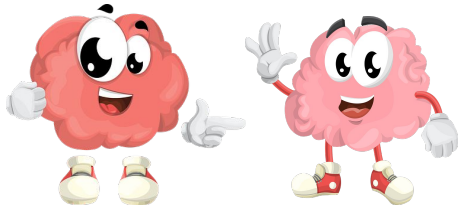
True or false?



1. John started cycling last year but fell off after one month.
2. He is going to stop eating burgers and eat more vegetables.
3. He also wants to work in the garden and spend more time with his kids.
4. Sally wants to lose weight, but she doesn't want to stop eating unhealthy food.
5. She is going to start taking weight lifting classes.
6. Darren got a new bike for Christmas and wants to go 100 miles each week on it.
7. He also wants to join the cooking classes at the local college.
8. He is going to spend more time with his kids because he works from home.

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Check your answers!

1. John started cycling last year but fell off after one month. T
2. He is going to stop eating burgers and eat more vegetables. T
3. He also wants to work in the garden and spend more time with his kids. F
4. Sally wants to lose weight, but she doesn't want to stop eating unhealthy food. T
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7. He also wants to join the cooking classes at the local college. F
8. He is going to spend more time with his kids because he works from home. T

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Speaking Games

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Describe the picture!

Read and answer the questions!

- What can you see in the picture?
- What colors do you see?
- What are the people doing?
- What do you like about the picture?
- Are the people having fun?
- Would you like to have a party?

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Make Resolutions!

Take a few minutes to write out your resolutions for the upcoming year. Then discuss them with a partner.

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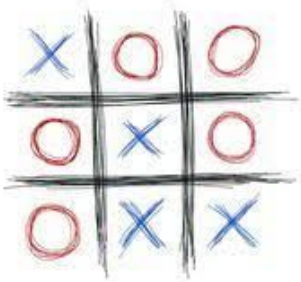

Let’s play noughts and crosses

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Noughts and crosses!

Say the vocabulary from today's lesson to play!

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Noughts and crosses!

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Goodbye!
See you
next time!

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