

Tom's New Year's Resolutions

It was the first day back at school. Tom got up and got dressed. Then, he looked at his toothbrush and he promised, 'In 2024, I'm going to brush my teeth after every meal.' The tooth brush fell over! Tom went downstairs, saw his mother and he said, 'In 2024, I will always be nice to you'. His mother just smiled. When Tom arrived at school, he spoke to his teacher, Mr Taylor. 'Sir,' he said, 'in 2023, I didn't always do my homework. I want you to know that, in 2024, I will always do it.'

Mr Taylor replied, 'We'll see!' At lunchtime, Tom went to the canteen and he ate salad. He said to his friends, 'In 2023, I ate a lot of junk food, too many burgers and fries and stuff! Starting from today, I'm going to stop eating fast food and I will eat healthy foods like chicken, fish and salad.' Tom's friends laughed. When Tom arrived home after school, he ate his dinner and then he logged on to his computer and he started playing computer games. He played for just fifteen minutes and he said to himself, 'In 2023, I played games for about three hours a day. In 2024, I will not play computer games all the time. I'll only play for one hour a day.' He looked in the mirror and he grinned at himself. You see, Tom made these resolutions for 2023, but he didn't stick to any of them!



But this time, Tom really means it! He thinks he can do it. Let's hope so!

TRUE or FALSE? Correct the false sentences.

- a) Tom stayed in bed.
- b) He spoke to his toothbrush.
- c) Tom's toothbrush fell over.
- d) Tom promised to be nice to his father.
- e) Tom went to school and handed his homework in.
- f) At lunch time, Tom had a burger and fries.
- g) Tom told his friend that he loved fast food, so would not be making any changes.
- h) When Tom arrived home from school, he immediately did his homework.
- i) Tom looked through the window and smiled.
- j) He stuck to all his resolutions in 2023
- k) Tom is determined this year and he thinks he can be successful.

Now, YOU!

Complete these sentences: In 2024,
I'm going to stop
I will start/take up.....
I'm going to be
I will always.....

Tick the resolutions that Tom made.

- 1) I will stop smoking.
- 2) I'm going to eat healthier food.
- 3) I will walk to school instead of taking the bus.
- 4) I'll always be nice to my mother.
- 5) I'm going to stop spending so much money on sweets and chocolate.
- 6) I will brush my teeth after every meal.
- 7) I will always do my homework.
- 8) I'm going to keep my bedroom clean and tidy.
- 9) I will not spend so much time playing on my computer.
- 10) I will take the dog for a walk when my mother asks me to.

**Look at the resolutions
(no's 1-10).**

**Which ones of these might
be good for YOU?**

Choose the right resolution for these people by matching up the numbers with the letters

- 1) Jeremy wants to lose weight and get fit.
 - 2) Jenny has let herself down at school. She wants to do better.
 - 3) Joe started smoking when he was 14. It's taking up all his money and his breath stinks.
 - 4) Lin has been drifting in the same job since she left school. She is bored.
 - 5) Kate has always wanted to travel, but never had the time.
 - 6) Mena wants a pet but they are not allowed in her flat.
 - 7) Ken wants to learn Mandarin Chinese.
 - 8) Mulu wants a new image.
- a) A hypnotherapy course to alter addictive behaviour
 - b) An extended holiday from work.
 - c) Run to school every day.
 - d) Work in an animal sanctuary on Saturdays.
 - e) Half an hour's extra studying every week day.
 - f) A shopping trip out.
 - g) A Duolingo course of study.
 - h) A visit to a careers adviser.

Choose the best slogan/resolution to go with the inspirational image. Justify your choice.



- 1) Help others
- 2) Climb mountains
- 3) Enjoy new challenges
- 4) Be fearless
- 5) Visit new places
- 6) Value my friends more
- 7) Seek new opportunities
- 8) Think 'clear blue sky'
- 9) Reach for the top
- 10) Look back and review the past

Is it a good idea to make New Year's resolutions? Make TWO COLUMNS and sort the sentences into FOR and AGAINST resolutions. Can you add any? What is YOUR OPINION?

- 1) It sets a standard for you. You can measure your success by it.
- 2) It acts as motivation for you.
- 3) If you were going to do it, you would do it anyway!
- 4) It only ends up with making you feel guilty.
- 5) You should write it down and refer to it every day. That way, you will manage to achieve it.
- 6) Just do it! No need to trumpet!
- 7) Most are unrealistic; just 'wish lists', really. Not worth it.
- 8) You will only end up with a sense of failure.
- 9) The sooner you make 'em, the sooner you can break 'em!
- 10) It's good to have a plan!