

1. Read the captions that people add to their social media photos. Then, discuss what attitude these people might have towards New Year's Eve or the New Year.

EXAMPLE: *New year, new me.* – It might mean that the person who posted this caption treats a new year as a new beginning. They might want to make some resolutions and change their life.

- Cheers to 365 new chances.
- There's no such thing as too much sparkle.
- Everyone's out partying and this is me watching TV.
- I've got a bubbly personality!
- Page 1 of 365.
- 9 p.m. is the new midnight.
- New Year, same me. Who are we kidding, right?

2

Watch a [video](https://youtu.be/fHn036ppUoY) [https://youtu.be/fHn036ppUoY] (to 02:28) and discuss the questions.

- Have you heard of any of the New Year traditions presented in the video?
- What New Year traditions are there in your culture? Are they similar to those from the video?
- Is there any special food that people eat?
- What do people usually wish for at New Year? Do you think that people around the world wish for the same things? Why/Why not?

3

Read about other New Year traditions and discuss the questions.

- In Denmark people greet the New Year by smashing old plates against the doors of family and friends. It expresses love, affection and friendship and brings good luck in the coming year.
 - Residents of the city of Talca in Chile celebrate New Year's Eve in the cemetery. They usually bring food and drinks, light candles and decorate their loved ones' graves.
 - In Turkey, people sprinkle salt on their doorstep when the clock strikes midnight. It is supposed to bring peace and good luck throughout the coming year.
 - To welcome the Lunar New Year, Filipinos wear polka dot patterned clothes because their round shape symbolizes prosperity and money.
- Which tradition is:
 - most surprising? Why?
 - similar to a tradition in your culture?
 - What might the origins of these traditions be?
 - Read the lesson title again. In what other situations might people say the idiom?

4

Imagine that you can spend one New Year's Eve however you like. You have 24 hours and unlimited money. Describe what it would be like.

5

Read the definition of 'resolution'. Then, look at the photos and decide what each resolution might be about.

resolution:

a promise to yourself to do or not to do something

6

Say which option, a or b, is best to make resolutions work. Then, watch a [video](https://youtu.be/Fy9Elz8k2zY) [https://youtu.be/Fy9Elz8k2zY] on tips to keep New Year's resolutions and check your ideas.

- A. a: setting one or two goals
b: setting several goals
- B. a: keeping your goals general and flexible
b: being specific about each goal
- C. a: keeping your goals to yourself
b: telling your friends and family about your goal
- D. a: imagining a version of yourself you want to be in a year
b: not thinking about yourself too far in the future

7

Watch the [video](#) again and complete the gaps.

- A. Polls [...] show only 59% of participants say they actually do _____ their resolutions.
- B. People often _____ too many goals, or goals that are too vague.
- C. Most goals are going to take multiple _____ to achieve.
- D. There's also something very gratifying on a chemical level in the brain about checking things _____ your list [...].
- E. Don't beat yourself up about it or get _____ ; continue moving forward to achieve your goal.

vague:

not clear or specific

8

Read the resolutions and match the phrasal verbs in bold with their definitions.

I want to...

- | | |
|--|--|
| A. carry out more tasks at work. | 1. continue doing something difficult |
| B. cut down on unhealthy food. | 2. bring a good result |
| C. get round to learning a new skill. | 3. finish what you started |
| D. do things that will pay off in the future. | 4. finally find the time to do something |
| E. map out my year better. | 5. start something |
| F. take up a new hobby. | 6. plan something in detail |
| G. stick to a better routine. | 7. reduce the amount of something |
| H. follow through on my projects at work. | 8. complete something |

9

Choose four resolutions from **8** (A–H) and make them more specific by adding details.

EXAMPLE: Vague: *I want to cut down on unhealthy food.*

Specific: *I want to cut down on unhealthy food by cooking dinner at home at least three times a week.*

Choose the correct phrasal verb in the sentences (A–G).

- A. I want to **take up/carry out** yoga, but I've been really busy lately.
- B. I promised myself to **get round to/stick to** my diet, but it's just impossible when my friends invite me out to dinner.
- C. I'm trying to **cut down on/map out** social media but once I start scrolling, I can't stop.
- D. I told my grandparents I would call them more often and I want to **pay off/follow through on** that promise, but I keep forgetting.
- E. I've been planning to throw away old things from the garage but I still haven't **taken it up/carried it out** because I don't know where to start.
- F. I wanted to **get round to/pay off** reading that book in my free time, but I always end up watching films instead.
- G. I need to **cut down on/map out** my schedule better to meet deadlines, but I have too many other things to do.

Read the comments and respond with advice, using the phrasal verbs in the box.

EXAMPLE: It's been a month since I moved and there are still boxes I haven't unpacked.

*If you want to feel more at home, I think you should **get round to** unpacking this week.*

- A. I've been arguing a lot with my girlfriend lately.
- B. I'm organizing a professional event for work and it's already stressing me out.
- C. I find it hard to stay fit because I don't have much time to exercise.
- D. I'm not sure about taking this course. It'll look good on my CV but it means studying at weekends.
- E. I know I promised to clean my wardrobe, but I'm a bit busy right now.
- F. There are so many distractions at home that I can't concentrate on work.
- G. I find it hard to fall asleep at night.
- H. I'm trying to eat less sugar but it's really hard when I'm stressed.

carry out	map out
cut down on	pay off
follow through on	stick to
get round to	take up