

## New Year's Resolution

Watch the video and answer the following questions.

1. What was Ben and Timmy New Year's resolution?

Ben wants to stop \_\_\_\_\_ while Timmy wants to stop \_\_\_\_\_.

2. What did Ben and Timmy do to make sure they keep their promise?

They set up a \_\_\_\_\_.

3. What did Ben and Timmy decide to reward themselves with if they get to keep their resolution for one whole week?

They will reward themselves with \_\_\_\_\_.

4. Ben tries different ways to stop himself from biting his nails. What does he do and how does it work?

- At first, Ben puts his hands \_\_\_\_\_, but then he forgets and takes \_\_\_\_\_.
- Afraid he might forget again, Ben decides to \_\_\_\_\_, however, the \_\_\_\_\_.

- After that, Ben dips his fingers \_\_\_\_\_, but he then accidentally rubs his eyes with his fingers and \_\_\_\_\_.
- Lastly, Ben decides to wear \_\_\_\_\_ and it works perfectly as he can't bite his nails anymore.

5. What was your New Year's resolution?

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6. What did you do to make sure you achieve the resolution you made?

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