

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?

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