

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 2019, 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 2019, 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 2018, I didn't always do my homework. I want you to know that, in 2019, 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 2018, 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 2018, I played games for about three hours a day. In 2019, 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 2018, 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!

Write TRUE or FALSE? According to the text.

- 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 2018
- k) Tom is determined this year and he thinks he can be successful.

Write the resolutions that Tom made or didn't make with YES or NO.

- 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.