New Year's Resolutions for Teens

1 ☆ ***Read this webpage. Who is the article for?***
a. teenagers b. parents

Happiness and success in life come easier to teens who have a positive self-image, healthy habits, and supportive parents in their lives. In order to help our teenagers focus on positive, healthy behaviours, our website offers the following New Year's Resolutions for your teens:

NEW YEAR'S RESOLUTIONS FOR TEENS

1. I'm going to present myself in a positive way.
2. I'm going to spend more time with people.
3. I'm going to learn how to say "No" to things that are not good for me.
4. I'm going to make small, healthy changes in my eating habits every day.
5. I'm going to take better care of myself.
6. I'm going to help someone else.
7. I'm going to be more honest with my parents about my problems.
8. I'm going to try new, healthy ways to deal with anger or stress.
9. I'm going to give and ask for respect in my relationships.
10. I'm going to find something to be thankful for every day.

2 ☆☆ ***Read the webpage more carefully now and match the resolutions (1-10) with the sentences (a-j).***

a. For example, I'm going to volunteer for causes I care about or I'm going to make dinner for the family without being asked.
b. I'm going to spend less time on my cell phone or computer.
c. I'm not going to eat out so often.
d. I'm not going to let others treat me badly (either emotionally or physically).
e. They really do want what's best for me and can help me even if they are angry or disappointed.
f. I'm not going to look or feel stupid about myself.
g. For example, I'm going to get more sleep, exercise, and listen to my body.
h. Being healthy and having good friends are things that can make you happy, aren't they?
i. I'm going to ask an adult when I have to make difficult choices.
j. I'm going to talk to a friend, write in a diary, or exercise (instead of doing things that are bad like skipping school, drinking alcohol or smoking).

Collocations

3 ☆ ***Match the words 1-8 with a-h to form collocations.***

Task 55 - p.159

1. good	.....	a. well
2. think	.....	b. out of the window
3. behave	.....	c. intentions
4. watch	.....	d. a helmet
5. stare	.....	e. your seatbelt
6. bite	.....	f. positive
7. wear	.....	g. my nails
8. fasten	.....	h. less TV

4 ☆☆ ***Use the collocations in task 3 to complete the sentences. You may need to change the form of the words.***

Task 56 - p.159

1. Sometimes teenagers don't .... about themselves.
2. Why are you .....? Look! There has been an accident!
3. Stop .....! It's a very bad habit!
4. My dad always ..... when he rides his motorbike.
5. You should ..... . Staring at the screen for hours is bad for your eyes.
6. Remember to ..... when you drive!
7. Terry doesn't ..... lately. He often fights with other children.
8. She's full of ..... but that doesn't help much. She must study harder!

LIVEWORKSHEETS