

Warm Up: Watch the video <https://www.youtube.com/watch?v=KNEVjhCXZB4> and answer the questions below:

- (1) How many of the **resolutions in the video** can you remember?
- (2) Have you **made** any **resolutions for the New Year**?
- (3) Are any of these resolutions **different from** the ones you've made in previous years?
- (4) Are any of them **similar to** the ones you've made before? If so, why have you made them again?

Task 1. Friends' Characters' New Year Resolutions

Watch the videos (<https://www.youtube.com/watch?v=TLPdxx2wioA>; <https://www.youtube.com/watch?v=LswlKoTamjM>) and write down the New Year's resolutions for each character in the sitcom Friends. Use base infinitive (e.g. *be happy*; *learn how to...*)



Task 2. Read the questions and circle the answer you think is the correct one in pencil. Then, watch the news video (<https://www.youtube.com/watch?v=WCSAZEcmTqA>) and check.

1. When did the Babylonians celebrate their New Year?

- a) In spring, during planting season
- b) In winter, as there was little work to do
- c) In summer, during festivals
- d) In autumn, when leaves fell

2. What was the Babylonian New Year festival called?

- a) Saturnalia
- b) Akitu
- c) Janalia
- d) Babiloo

3. Why was the New Year considered “fragile” for the Babylonians?

- a) Because wars often started then
- b) Because rulers changed every year
- c) Because life depended on forces they could not control
- d) Because the harsh weather killed many of them in that period of the year

4. Which of these was NOT one of the Babylonian promises?

- a) Staying loyal to rulers
- b) Repaying debts
- c) Returning borrowed tools
- d) Going on pilgrimages to worship their God

5. Who changed the Roman calendar so the year began in January?

- a) Julius Caesar
- b) Alexander the Great
- c) August Caesar
- d) A shaman who manipulated emperor Nero

6. January was named after Janus because he was the god of...

- a) Parties and celebrations
- b) Transitions and beginnings
- c) Farming and weather
- d) two-faced people

7. What did the Romans believe about the first day of the year?

- a) It influenced the rest of the year
- b) It decided how rich you would be
- c) It required consulting the Oracle
- d) It was best spent sleeping

8. When did people start writing personal resolutions in diaries?

- a) During Roman times
- b) In the Middle Ages
- c) By the 1600s
- d) In the 1900s

9. When was the term “New Year’s resolution” first printed?

- a) In ancient Rome
- b) In 1671
- c) In 1813
- d) In the 2000, thanks to social media

10. Why does Gen Z often dislike New Year’s resolutions?

- a) They prefer doom scrolling
- b) They dislike planning
- c) They believe change should be continuous
- d) They only make resolutions in summer

11. Why do many people today abandon their resolutions?

- a) Because resolutions are no longer trendy
- b) Because goals are often unrealistic/ motivation fades
- c) Because calendars are confusing
- d) Because January is too cold

12. What main lesson does the story suggest?

- a) Writing goals is enough
- b) New beginnings always succeed
- c) Buying journals creates change
- d) Change requires willpower and consistency

Task 3. Why do you think it's so hard to make your New Year's resolutions come true? Think of 2-3 reasons.

1. _____
2. _____
3. _____

Watch the video <https://www.youtube.com/watch?v=xH9gmmOkZV8> and discover why people fail their New Year's resolutions. Check whether your reasons are mentioned or not.

Mediation Task: How to make New Year's Resolutions come true Teacher Del, EOI Sant Vicent

Task 4. You and your partner have started a Youtube vlog called *Sharing is caring*. For this week's video, your listeners asked you to talk about how to keep New Year's resolutions. You've prepared this infographic and you're going to give your fans the tips they need. (5-minute-talk)

Student A introduces the programme and the topic and focuses on how to make SMART resolutions.



Student B continues with the main practical tips and wraps the program up.



Task 5. Speaking. You and your partner have a common friend Anna who can't cope with the January blues or SAD (Seasonal Affective Disorder). Watch the video <https://www.youtube.com/watch?v=r0i3z1C67j8>, take notes and make a plan together to help Anna overcome her winter blues. (a 6-minute dialogue)

Prompts (Use these prompts and your own ideas)

- Drop by her house with ingredients for a healthy meal + cook together
- Check the cinema listings and look for a comedy (*Tremendous Grandma / Abuela tremenda*) or an uplifting film (*Rental family*)
- Plan a one-day outdoor trip and/ or persuade her to go for walks (think about the big HOW?)
- Prepare a "messy" challenge day (with DIY / craft ideas; dance competition; karaoke; fun games)
- If nothing works, suggest seeing a specialist

Let's wrap it up with a bit of fun!

<https://www.youtube.com/watch?v=ORq6O5x0zOQ>

Meghan Trainor: All About That Change