1. Watch the video

2. What do these phrases mean?

New Year's resolution

Fresh start

To start from scratch

To go cold turkey

To turn a new leaf

To quit something

3. Put the words in the box on their places.

quit it	from scratch	resolution	turn a
new leaf	cold turkey	fresh start	

1) Let's make it our New Year's _____ .
2) Smoking is a really bad habit that I have. This year I'm starting anew. It's time to _____ .
3) I lost everything last year, but I believe things can be better again. This year I'm starting _____ .
4) Me and my wife have been arguing a lot lately, this year it's time to _____.
5) No more drinking. I'm going _____ .
6) This New Year is a time for a _____ .

4. Watch the video

5. What do these phrases mean?

To give up

Stick to it

To take things day by day

To make it (in London)

6. Read the text

When it comes to new year's resolutions, most of our goals tend to be about improving ourselves. And while that's certainly important, what about new year's resolutions to help other people? By lending a hand and showing empathy, we can make a huge difference to someone else's life. Often, they might just need a shoulder to cry on. Of course, that doesn't mean we should forget about taking care of ourselves. That is an essential part of living a healthy life. However, it's totally possible to spread good vibes to the people around us. There are definitely ways we can love ourselves and others through respect, gratitude and well, basic kindness. Fortunately, doing all of this is easier than it seems. You can even make a difference in your own class, home, village or town, no matter how big or small. Remember that you don't have to develop a new vaccine, build a palace or fly a rocket to the moon! Just think of the basics: how you approach others, the words you say, the things you do. It all adds up. To get you started, here are four simple new year's resolutions for you to consider. These actions might be small, but they can make quite a big difference.

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1. *Say "Thank you" more often.*
2. *Offer to help those in need – for example, an old lady crossing the street, a mum getting her baby's buggy off the bus, opening the door for someone who is carrying their shopping.*
3. *Donate things you don't need: toys, clothes – take them to a charity shop or give them to a needy person.*
4. *Pay a compliment. If someone is looking nice, or they have done something good, tell them.*

7. Answer the following questions in full sentences:

1) What do most new year's resolutions tend to be about?

2) How can we make a huge difference to someone's life?

3) What does 'a shoulder to cry on' mean? Explain it in your own words.

4) What is an essential part of living a healthy life?

5) What does 'spread good vibes' mean?

6) What are some qualities we can show to love ourselves and others?

7) Where can we make a difference?

8) How can we make a difference?

8. OVER TO YOU: what do you think?

a. Put the four resolutions in order of importance, in your opinion.

b. Can you give any more examples for 2 and 3?

c. Do you agree with these resolutions?

d. Can you add any?

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e. Might you follow this advice? What are the chances?

9. How do you imagine the New Year? What are your resolutions?

LIVEWORKSHEETS