

Pre-mediation Tasks

A. Warm Up:

Discuss:

- What are New Year's Resolutions?
- Do people in your country make resolutions at the beginning of the year?
- These are some of the most common New Year's Resolutions. Are they similar to the ones people make in your country at that time of the year?



<https://blog.mailordermeds.com/2023/02/23/5-new-years-resolution-that-you-can-actually-keep/>

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

B. 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.

<https://www.youtube.com/watch?v=xH9gmmOkZV8>

How To Keep Your New Year's Resolutions

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. (3-minute-talk)

Student A introduces the vlog and the topic and focuses on three tips.

Student B continues with the three remaining tips and wraps up the video.



<https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>

Post Mediation Activity

Let's laugh a little bit 😊

<https://www.youtube.com/watch?v=Grg2rn-M7qQ>

NEW YEAR'S RESOLUTIONS SONG! | MARY POPPINS PARODY