

They refer to the way or manner that we do something

Have you got good intentions?

Today is a good day to reconsider your resolutions for the year!

1 School

What's your attitude to school this year?

- a) Maximum results with minimum effort. I'm going to do my homework as **quickly** as possible so I can go out with my friends!
- b) I'm going to work **hard** and practise my English every day.

2 Home and family

Are you an angel or a little devil at home? Choose your resolution:

- a) My room is my space... I'm going to play my music as **loudly** as I want!
- b) I promise to tidy my room and speak **nicely** to my family.

3 Health and fitness

Are you planning to be healthier this year?

- a) No way! My health regime starts next year...
- b) Yes – I'm going to eat **healthily**, relax more and exercise **regularly**.

4 Friends

Are you a good friend?

- a) Who needs real friends? I've got hundreds on Facebook.
- b) Friends are precious! I'm going to treat my old friends **well** and make new friends more **easily**.

5 The year ahead

What's your motto for the year ahead?

- a) Live **dangerously** – you're young only once!
- b) Live **happily** – that's the most important thing!

Points: a) = 2 b) = 3

Your score:

10–12 What a disaster! Do you really want to behave so badly this year?	13–15 Great! You've got so many good intentions. You're going to do very well this year!
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1- Look at the quiz. What is it about?

2- Listen to the track

3- Repeat the words in blue.

4- Do the quiz. What's your score?