Name: _____ Class: _____

A) Play the audio, then fill in the blanks.

A New Year's resolution is a _____. It means a _____ to yourself that you will do something _____ or stop doing something _____ in the New Year. A New Year's resolution is a promise you _____ to yourself.

Key words: promise / make / bad / better / noun

B) Read the story and answer the questions.

It was the beginning of January. Mary woke up late. She said, "This year I will start going to bed early because I don't want to wake up late."

She got dressed quickly and went to the kitchen. She had a cup of coffee and left quickly to catch the bus. She said, "This year I am going to stop drinking coffee for breakfast because it is not good for my health."

At work, Mary was very busy and missed lunch. She said, "This year I will start bringing my lunch in to work with me because it is important that I eat a healthy lunch."

At the end of the day, Mary took the bus home. She said, "This year I am going to start walking home from work twice a week because it is good exercise for my body."

At home, Mary ate a big dinner and sat in front of the TV until 1:00 am. She was very sleepy and went to bed. The next morning, she woke up late again. She said, "It is very hard to keep New Year resolutions!"

Questions:

1. Who is the story about?
2. Where does she go each day?
3. What is her first New Year resolution?
4. How does she get to work?
5. What does she want to do twice a week?
6. How many New Year resolutions does she make?
7. What time does she go to bed?
8. Is it easy to keep New Year resolutions?