**NEW YEAR’S RESOLUTIONS**

**New Year’s Day** has come and gone, and most of us are still adjusting to having to remember the year is no longer 2013. January is a great month to focus on **new beginnings** and **goals** for the year that has just started.

The concept of resolutions is very important: what they are, why people make them, why people break them, etc… Here are some types of New Year resolutions adults usually make:

* lose weight,
* quit smoking,
* eat healthier foods,
* etc...

As the end of the year is rapidly approaching, a lot of us start thinking about our New Year resolutions:

* things we want to change,
* goals we want to reach,
* personal qualities we want to develop,
* places we want to visit,
* books we want to read, etc.

This list can go on and on.

1. **WRITE YOUR OWN LIST**
2. **ORGANIZE THESE RESOLUTIONS INTO CATEGORIES**

Health and Fitness Resolutions

Education and Training Resolutions

Relationship Resolutions

Recreation Resolutions

* To lose 5 pounds
* To run three times a week
* To spend more time with the family
* To learn a new meditation technique
* To learn a new language
* To smile to people more often
* To write a thank-you notes to my friends
* To visit Disneyland
* To spend more time outdoors
* To learn to play the piano
* To learn 5 English words every day
* To learn how to fish

1. **WRITE YOUR OWN RESOLUTIONS UNDER EACH CATEGORY**

**Health and Fitness Resolutions**

**Education and Training Resolutions**

**Relationship Resolutions**

**Recreation Resolutions**

1. **TICK THE RESOLUTIONS YOU WOULD LIKE TO MAKE. THEN WRITE SENTENCES. START WITH “I’M GOING TO…”**

Exercise:

* do more
* join a gym
* take up a sport

Health:

* lose some weight
* go on a diet
* eat less chocolate
* stop smoking
* give up junk food

Hobbies:

* start a new hobby
* join a club
* learn a new skill( how to cook, paint, play an instrument)

Friends:

* make new friends
* write to friends more
* be kinder to friends
* spend more time or less time with friends

Studies:

* study more
* do more homework
* listen more in class
* get books from the library
* read more

Money:

* get a Saturday or holiday job
* save more money
* spend less
* be careful with pocket money

Stress:

* worry less
* work less
* relax more at weekends
* go to bed earlier

1. **Read the descriptions of celebrations around the UK and answer**

Who has the quietest time on New Year’s Eve?

Who likes celebrating outside with lots of people?

Who celebrates Hogmanay?

Who starts the New year with a splash?

Who is going to be very tired on New Year’s Day?

Why is Uncle John the best person to have at your door on January 1st?

Celebrating the New Year

The start of the New Year on January 1st is a popular time for celebrating all across the UK. Celebrations can start early on New Year’s Eve, December 31st, as people meet up with friends and family members. Many people have a drink in a pub or go to a special party in someone’s home. Everyone hopes to start off the New Year with good intentions so they make some resolutions to help them have a successful year.

We asked young people around the UK about their plans are for New Year’s Eve and about their New year’s resolutions are:

My Plans  
New Year, or Hogmanay, is more important than Xmas to some people in Scotland. I am invited to two Hogmanay parties and I intend going to both ! We usually sing Auld Lang Syne at midnight and my Uncle John is always our first footer at home. He’s the first person to enter our house after midnight. It is good luck if this person is a tall man with dark hair, just like my Uncle.

My resolutions  
Eat fewer sweets, be nicer to my little brother and improve my computer skills

Mary 17 Glasgow

My plans  
I am joining my parents in a New Year’s Day swim this year. It’s freezing cold in the water but it is a fun way to start the year. Quite a lot of people meet on Brighton beach for this first swim of the year. I hope it doesn’t snow. I won’t be out partying the night before because I don’t like all the noise and drinking ! My family usually have a quiet evening and watch the celebrations on TV.

My resolutions  
Do some voluntary work in my area and improve my tennis. Maybe be nicer to my girlfriend!!

Ben 16 Brighton

My plans  
I am going to the centre of Newcastle with my cousins and friends to see in the New Year. I love being in a crowd when the clocks strike midnight. Everyone kisses each other, sings and drinks champagne. This is the first New year’s Eve in the streets as my parents said I was too young last year. We will probably get back home at four or five in the morning.

My resolutions   
Learn how to play the guitar and talk less in class! Study hard to get good grades for university.

Sophie 18 Newcastle Upon Tyne