



## ESL New Year's Resolutions Activity

This activity is best used with teens and adults with an intermediate level and above. It is a great way to get students talking after the Christmas break.

1. Encourage students to first discuss New Year's resolutions

Some questions to start with include:

- What are some New Year's resolutions you have made in the past?
  - Is it popular to make New Year's resolutions in your country?
2. Get students to brainstorm common New year's Resolutions that people make.
  3. Then, ask students to put their ideas into a list of most popular to least popular.
  4. Give/show students the top ten list for 2017.

According to a recent **ComRes poll**, the most common New Year's resolutions include:

1. Exercise more (38 per cent)
2. Lose weight (33 per cent)
3. Eat more healthily (32 per cent)
4. Take a more active approach to health (15 per cent)
5. Learn new skill or hobby (15 per cent)
6. Spend more time on personal well being (12 per cent)
7. Spend more time with family and friends (12 per cent)
8. Drink less alcohol (12 per cent)
9. Stop smoking (9 per cent)
10. Other (1 per cent)

**5.** After students compare their answers, they discuss if they guessed correctly or incorrectly. Did anything surprise them? Would the results be the same in their country?