

Title:	New Year's resolutions	Level: medium
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Text:	<p>Happy New Year! I hope 2018 brings you new experiences and fun challenges! Many British people make resolutions and they are traditionally to improve health by going on a diet, quitting smoking or doing exercise, or learning a new language. In Russia, I read, New Year's resolutions often focus on education; learning more. Russians also try to pay off their debts, since it's good luck to start off the New Year free of stress and clear minded. Also, there is silence in the last 12 seconds of the old year, as Russians make secret wishes for the New Year. But where does the resolution tradition stem from? The Romans used to begin each year by making promises to Janus, the god of new beginnings, after whom the month of January is named.</p>
Discussion:	<p>According to an article by a psychologist on the BBC, our incentive to do them is not to improve ourselves but to help us serve other people better. Do you agree?</p>
Words and usage:	<p>Resolve To overcome a problem or difficulty. Use of the adjective form, resolute, shows strength of mind. For example, 'I am resolute in my wish to resolve the problem.'</p>
Resources:	<p>https://translate.weblio.jp Oxford Dictionaries. http://www.oxfordlearnersdictionaries.com The British Council website. https://learnenglish.britishcouncil.org</p>
Practice idea:	<p>Setting goals (e.g. numbers or time for completion) helps us to achieve our targets. Write about three things you plan to do better than last year or new things you want to start. Set goals for each.</p>
Listening link:	<p>New Year's resolutions</p> 
Quiz Me! Conversation card:	<p>Card number B3 below is from Student pack 1, available at englishbooks.jp, Amazon and Rakuten</p> 