

# NEW YEAR

LET'S TALK ABOUT **RESOLUTIONS!**



*speaking corner*  
by Weronika Ostachowska

# DISCUSS IN PAIRS

What do you think?



1. Do you usually make New Year's resolutions? Why or why not?

2. Do you think New Year's resolutions are a good idea?

3. Is it better to make one resolution or many? Why?

4. What is the difference between a resolution and a goal?

5. Why do people often give up on their resolutions?

6. Do social media and trends influence our resolutions?

7. Should we share our resolutions with others? Why or why not?

8. Are New Year's resolutions overrated?

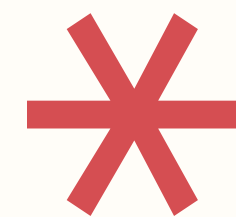






# COOL OR CRINGE?

What do you think about this resolution?

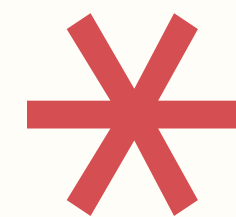


**Wake up at 5 a.m. every day**

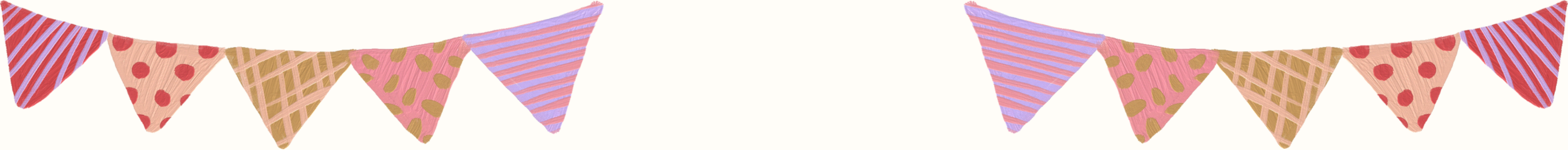


# COOL OR CRINGE?

What do you think about this resolution?

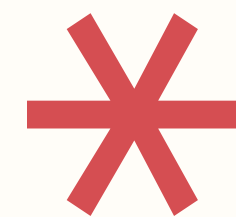


**Stop using social media  
completely**



# COOL OR CRINGE?

What do you think about this resolution?



## Become rich in one month



# COOL OR CRINGE?

What do you think about this resolution?



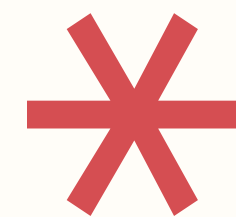
Copy someone else's life  
from Instagram





# COOL OR CRINGE?

What do you think about this resolution?



**Read 12 books this year**



# COOL OR CRINGE?

What do you think about this resolution?



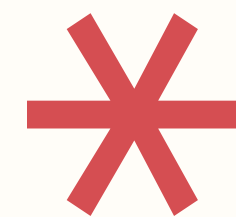
**Sleep at least 7–8 hours  
every night**





# COOL OR CRINGE?

What do you think about this resolution?

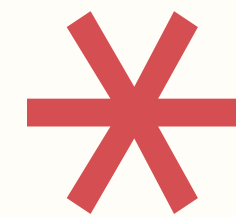


## Learn a new skill

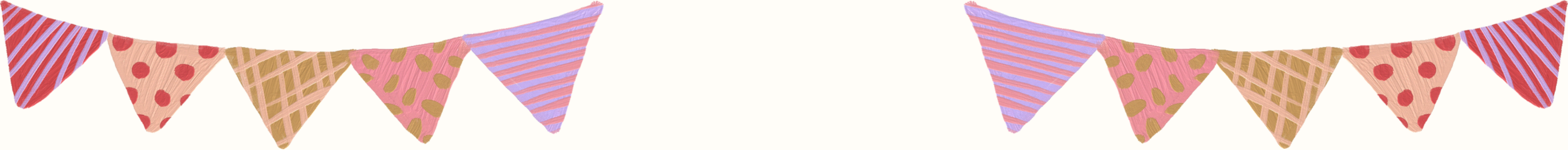


# COOL OR CRINGE?

What do you think about this resolution?

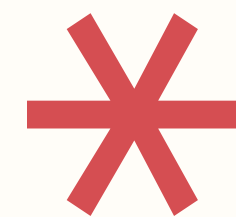


**Spend more time with family  
or friends**



# COOL OR CRINGE?

What do you think about this resolution?



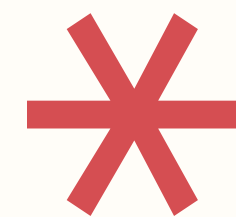
**Stop talking to people who  
disagree with me**





# COOL OR CRINGE?

What do you think about this resolution?

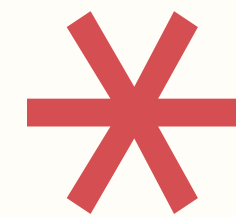


**Learn one new word in  
English every day**

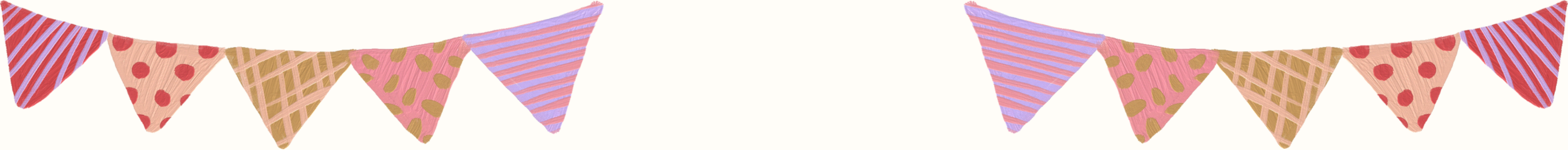


# COOL OR CRINGE?

What do you think about this resolution?



Quit everything that is  
difficult



# AGREE OR DISAGREE?

Give some arguments.



## STATEMENT 1

Small, realistic resolutions are easier to keep than big ones.

## STATEMENT 2

Resolutions put too much pressure on people.

## STATEMENT 3

Sharing your resolution with friends or family makes you more accountable.





# AGREE OR DISAGREE?

Give some arguments.



## STATEMENT 4

A resolution is only useful if it has a clear plan.

## STATEMENT 5

Changing your lifestyle is more important than following trends.

## STATEMENT 6

Most people give up on their resolutions by February.



Po więcej materiałów zapraszam tutaj:



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