New Year, new me

look, read, cover, remember



1 Look and read. Then cover the sentences and say the resolutions.

✋ COVER AND REMEMBER



exercise more

I'm going to exercise more.



eat healthy

I'm going to eat healthy.



save money

I'm going to save money for a bike.



learn something new

I'm going to learn to code.



read more

I'm going to read a book every month.



go to bed earlier

I'm going to go to bed at ten.



spend less time online

I'm going to spend less time online.



be kind

I'm going to be kind to my sister.



drink more water

I'm going to drink more water.



clean my room

I'm going to clean my room every Saturday.



learn to play the guitar

I want to learn to play the guitar.



be on time

I'm not going to be late for school.



help at home

I'm going to help with dinner.



do my homework on time

I'm not going to do it at night!



be more positive

I'm going to smile more.



eat less candy

I'm going to eat less candy.

2 And you? Write your two resolutions.

This year I'm going to ... . I'm not going to ... .

Going to: my plans

cover one column, say the other two



1 Read the table. Cover the ✗ and ? columns and say them.

✋ COVER A COLUMN

	✓	✗	?
I	I'**m going to** read more.	I'**m not going to** read more.	**Am** I **going to** read more?
you	You'**re going to** save money.	You **aren't going to** save money.	**Are** you **going to** save money?
he	He'**s going to** exercise.	He **isn't going to** exercise.	**Is** he **going to** exercise?
she	She'**s going to** eat healthy.	She **isn't going to** eat healthy.	**Is** she **going to** eat healthy?
we	We'**re going to** learn Spanish.	We **aren't going to** learn Spanish.	**Are** we **going to** learn Spanish?
they	They'**re going to** be kind.	They **aren't going to** be kind.	**Are** they **going to** be kind?

2 Short answers. Cover the right side and answer.

✋ COVER AND REMEMBER

QUESTION		ANSWER
1	Are you going to read more?	Yes, I **am**. / No, I'**m not**.
2	Is your brother going to exercise?	Yes, he **is**. / No, he **isn't**.
3	Is Ola going to save money?	Yes, she **is**. / No, she **isn't**.
4	Are your parents going to learn Spanish?	Yes, they **are**. / No, they **aren't**.
5	What **are** you **going to** do this year?	I'**m going to** learn to cook.

REMEMBER

am / is / are + **going to** + verb = a plan: **This year I'm going to swim every week.**

Don't forget **am / is / are**! We don't say ~~I going to swim.~~

Who's going to do what?

pictures first, sentences later

1 Look at the pictures. Write the sentences. ✓ = is / are going to, ✗ = isn't / aren't going to.

✋ THEN COVER AND SAY

Then cover your sentences, look at the pictures and say them again.



Mikołaj / go to bed earlier ✓



my sister / eat candy ✗



I / save money for headphones ✓



Dad / drink so much coffee ✗



Zosia and Ola / make a podcast ✓



we / play games all night ✗



Grandma / do yoga ✓



you / be late for practice ✗

2 Now ask about the pictures.

1  _____ Yes, he is.

2  _____ Yoga!

3  _____ Zosia and Ola.

Old year, new year

last year → this year



1 **Read about last year. Use the words in the middle and write a resolution.**

✋ THEN COVER THE RIGHT COLUMN

Then cover the right column. Read the left side and say the resolution from memory.

Last year...	Resolution	This year...
I spent hours on my phone.	📵 spend less time online	
I didn't read any books.	📚 read a book every month	
I was late for school a lot.	⏰ get up earlier	
I ate too much candy.	🍬 not / eat so much candy	
My room was always messy.	🧹 keep my room clean	
I never helped at home.	🍽️ help with dinner	
I didn't do any sports.	⚽ join a soccer team	

2 **Your old year, your new year. Write three or four sentences.**

Last year I ... , **so this year I'm going to** ... . **Last year I didn't** ... , **so this year** ... .

First day back

read, act it out, swap roles

1 Complete the dialogue. Use the verbs in brackets. Then act it out and swap roles.

Oliwia	Hi Mikołaj! Happy New Year! How _____ your winter break? (be)
Mikołaj	Great, thanks! We _____ to my uncle's house in the mountains. (go)
Oliwia	Cool! What _____ there? (do)
Mikołaj	We _____ a huge snowman, and I _____ until ten every day! (build, sleep)
Oliwia	Lucky you! I _____ home. On New Year's Eve we _____ the fireworks from the balcony. (stay, watch)
Mikołaj	Nice! Do you have a New Year's resolution?
Oliwia	Yes! I'm going to _____ to play the guitar. My aunt _____ me one for Christmas. (learn, give)
Mikołaj	Wow, cool!
Oliwia	What about you? What _____ change? (change)
Mikołaj	I'm going to go to bed earlier. I was always tired last year!
Oliwia	Really? Good luck with that!

2 Good reactions. Cover the right side and react.

✋ COVER AND REMEMBER

YOUR FRIEND SAYS	YOU REACT
1 🏃 I'm going to run a marathon this year.	Wow! Good luck with that!
2 🎮 I'm going to stop playing games on my phone.	Really? Even on weekends?
3 🎸 I got a guitar for Christmas.	Cool! Can you play it?
4 🎆 Happy New Year!	Happy New Year! Any resolutions?

Say it

match, cover, ask again

1 Match the questions and the answers.

✋ COVER AND REMEMBER

Then cover the answers. Ask your partner the questions. Answer about you!

QUESTIONS		ANSWERS	
1	What did you do during the break?	A	Tomorrow! Well... maybe next week.
2	How did you spend New Year's Eve?	B	Because I want to buy a new phone.
3	Did you see the fireworks?	C	Yes, I am. I just started a great book.
4	What's your New Year's resolution?	D	I went sledding with my cousins.
5	Are you going to read more this year?	E	Not really. I usually stop in February!
6	Why do you want to save money?	F	Yes, I did. They were so loud!
7	Is your brother going to join a gym?	G	I'm going to drink less soda.
8	When are you going to start?	H	I want to learn to skateboard.
9	Do you usually keep your resolutions?	I	We had a party at my cousin's house.
10	What do you want to learn this year?	J	No, he isn't. He's going to play basketball.

2 Write three questions for your partner. Ask and answer!

What are you going to ...? Are you going to ...? What did you ... during the break?

Find someone who...

Are you going to...? Ask one more!



1 Write the questions. Then walk around and ask. Write a name.

Are you going to exercise more? Yes, I am. → write the name. Ask one more: How often? Why?

Find someone who is going to...	Question	Name	One more thing
🏃 exercise more	Are you going to exercise more?		
🛏️ go to bed earlier	_____		
📵 spend less time online	_____		
🎸 learn an instrument	_____		
🥗 eat healthy	_____		
🐶 get a pet	_____		
✈️ travel somewhere new	_____		
💰 save money for something big	_____		
📚 read more books	_____		
🏀 try a new sport	_____		

2 Tell the group about two classmates' resolutions.

Kuba is going to ... . Ola isn't going to ... , but she's going to ... .

Goals and plans

want to = a goal, going to = a plan



1 Match the goals and the plans.

✋ COVER THE PLANS

Then cover the right side. Read a goal and say a plan from memory.

MY GOAL		MY PLAN	
1	I want to be a better soccer player,	A	so I'm going to ride my bike to school.
2	I want to get better grades in math,	B	so I'm going to save my pocket money.
3	I want to buy new headphones,	C	so I'm going to do my homework every day.
4	I want to sleep better,	D	so I'm going to watch YouTube in English.
5	I want to speak English well,	E	so I'm not going to use my phone in bed.
6	I want to have healthy teeth,	F	so I'm going to train three times a week.
7	I want to make new friends,	G	so I'm going to drink water, not soda.
8	I want to help the planet,	H	so I'm going to join the drama club.

REMEMBER

I want to = a goal, something you would like. **I'm going to** = a plan, what you decided to do.

2 Your goal and your plan. Then write one positive word for this year!

I want to ... , **so I'm going to** ... . **I'm not going to** ... . **My word for this year:** ... .