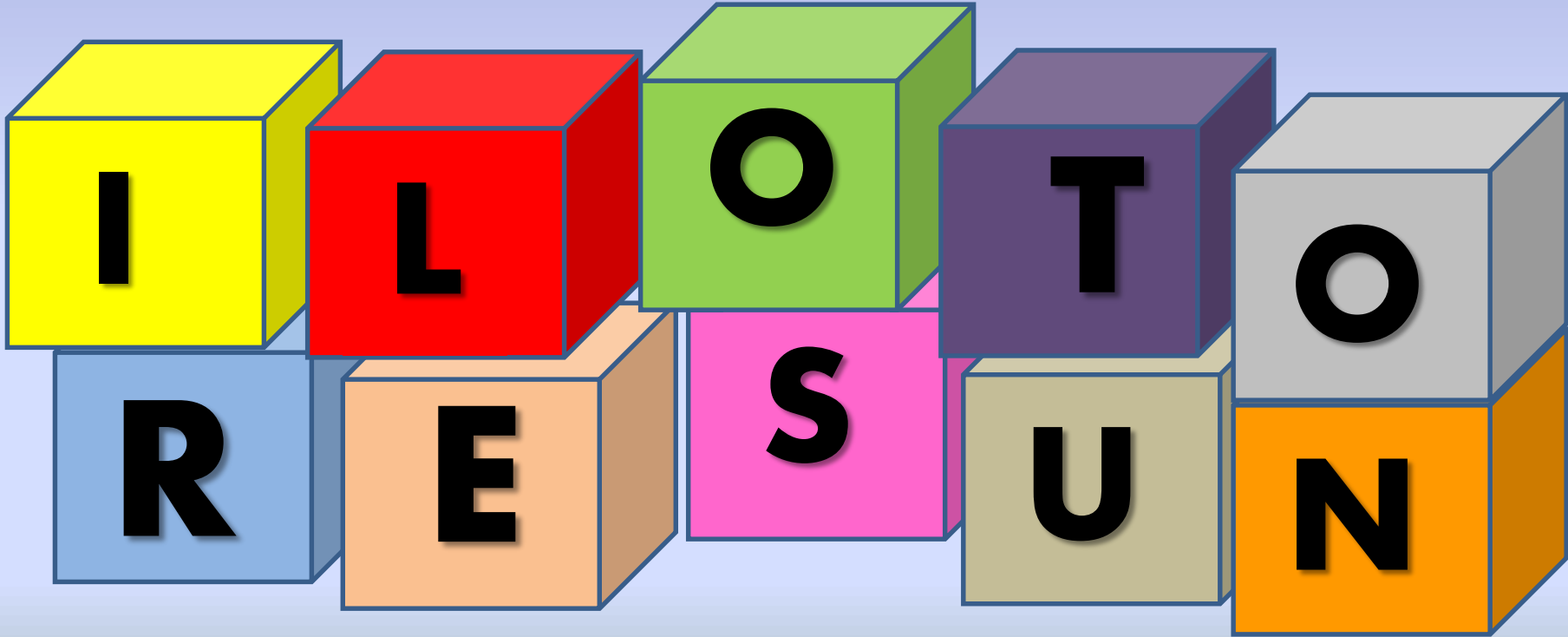


New Year Resolutions

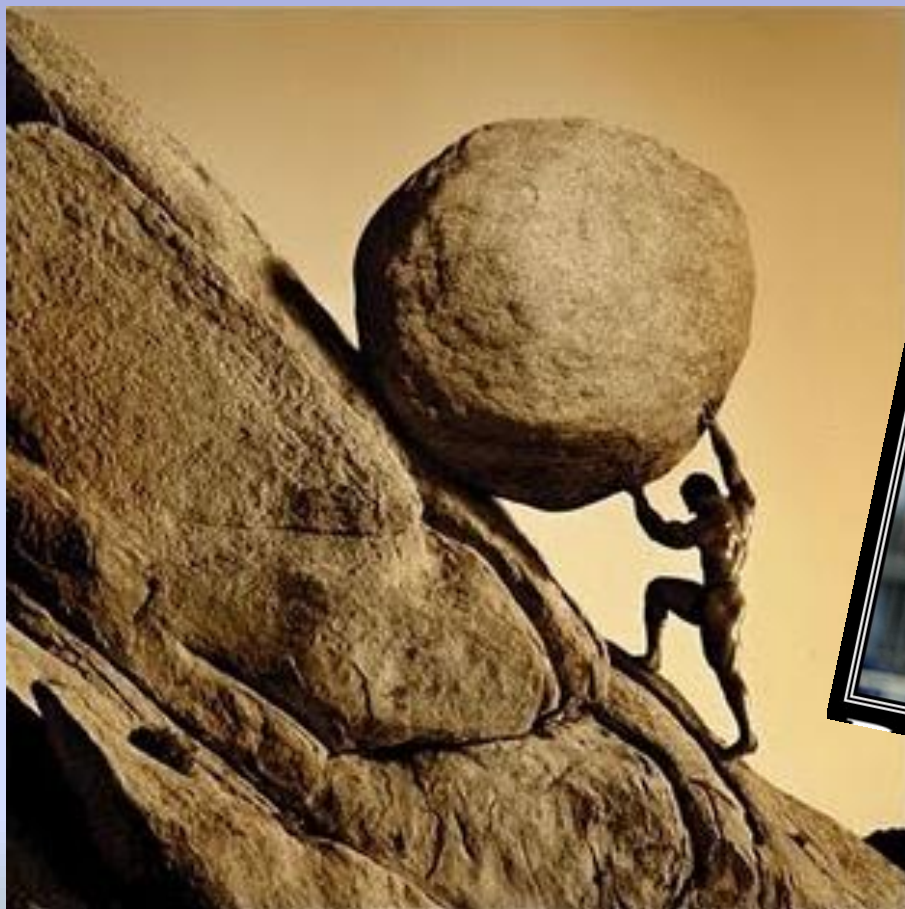
Being Determined



A new year is a really good time to start afresh, to think about what you have done well in the last year, and what you would like to change or do better in the new one.



Think about how we need to be determined if we want to achieve something difficult.

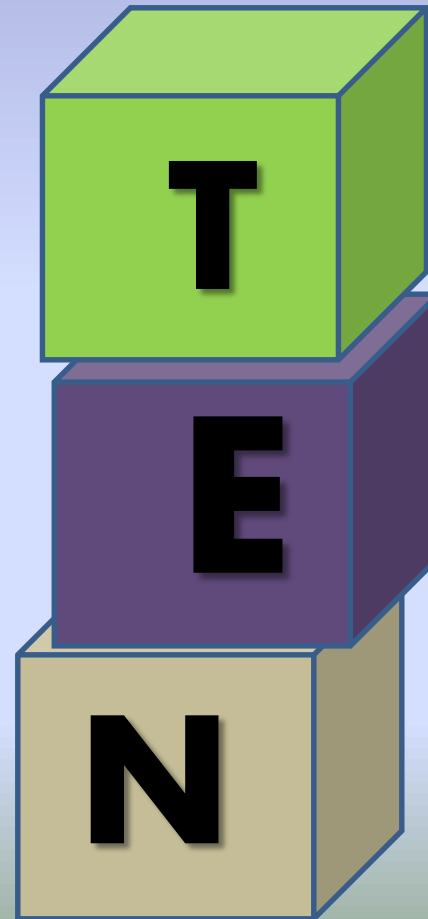
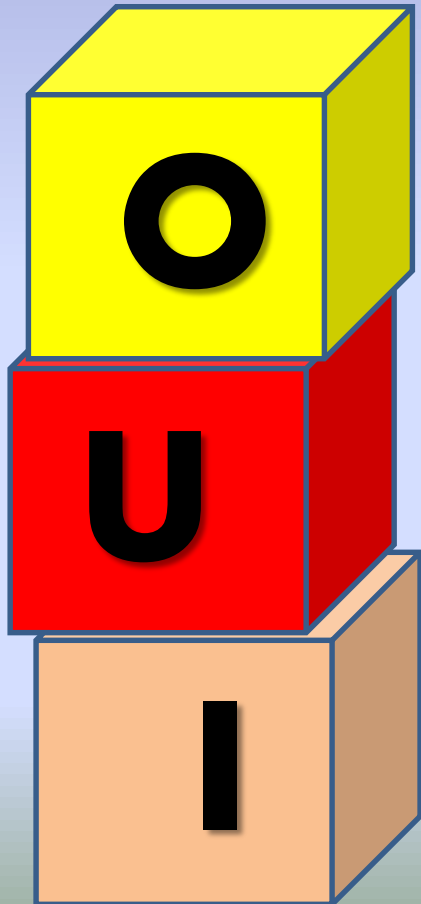


What are New Year Resolutions?

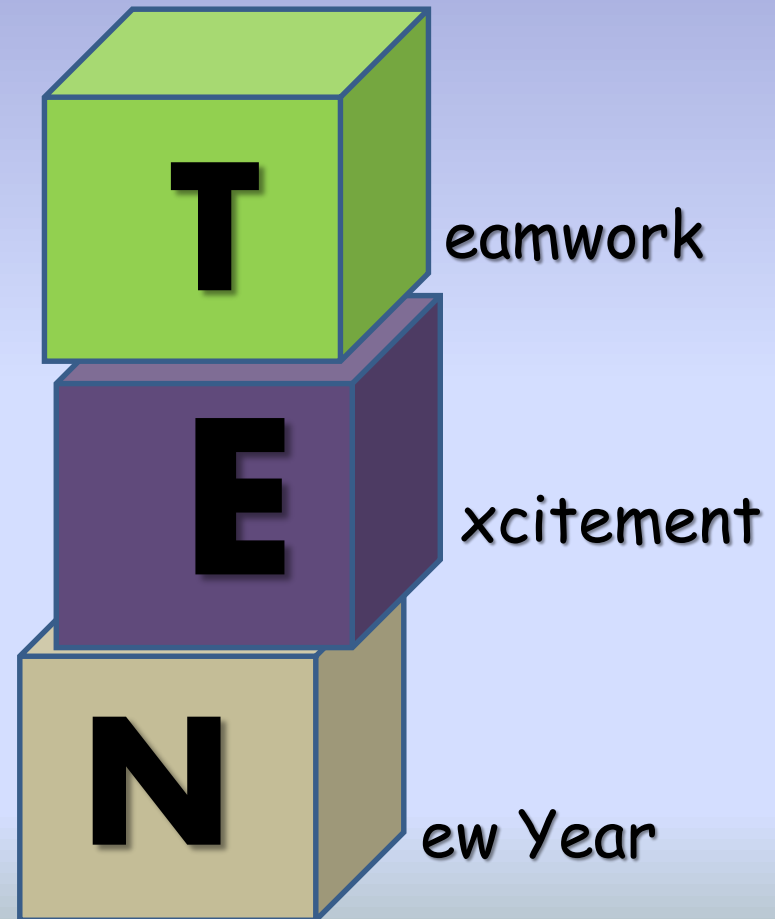
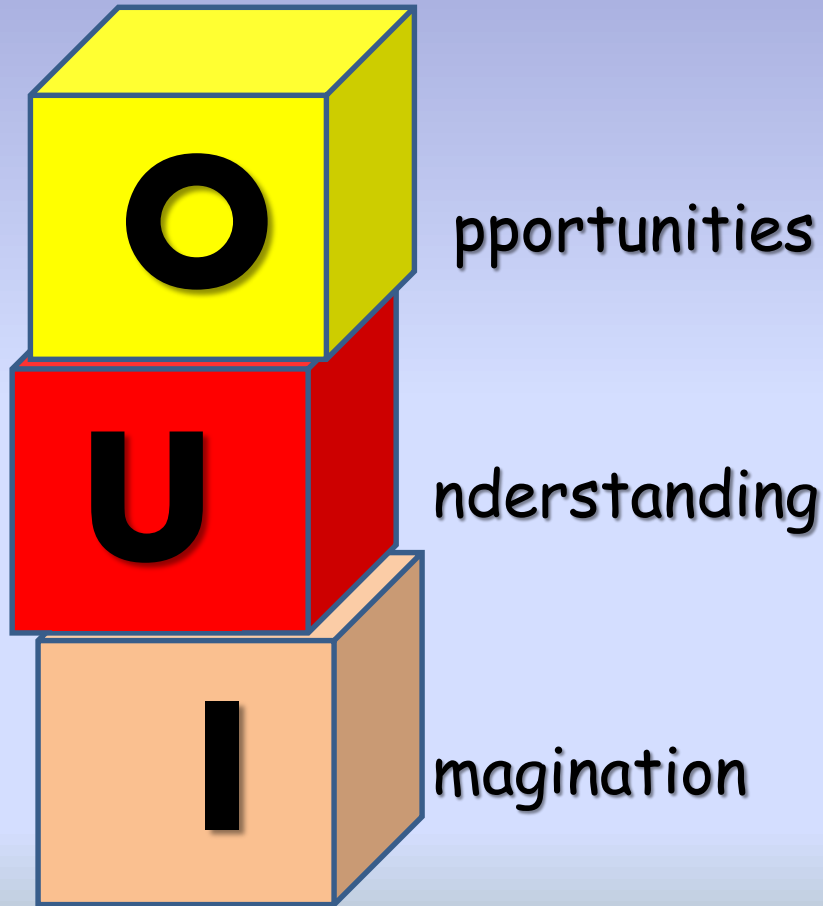


How do we make New Year Resolutions?

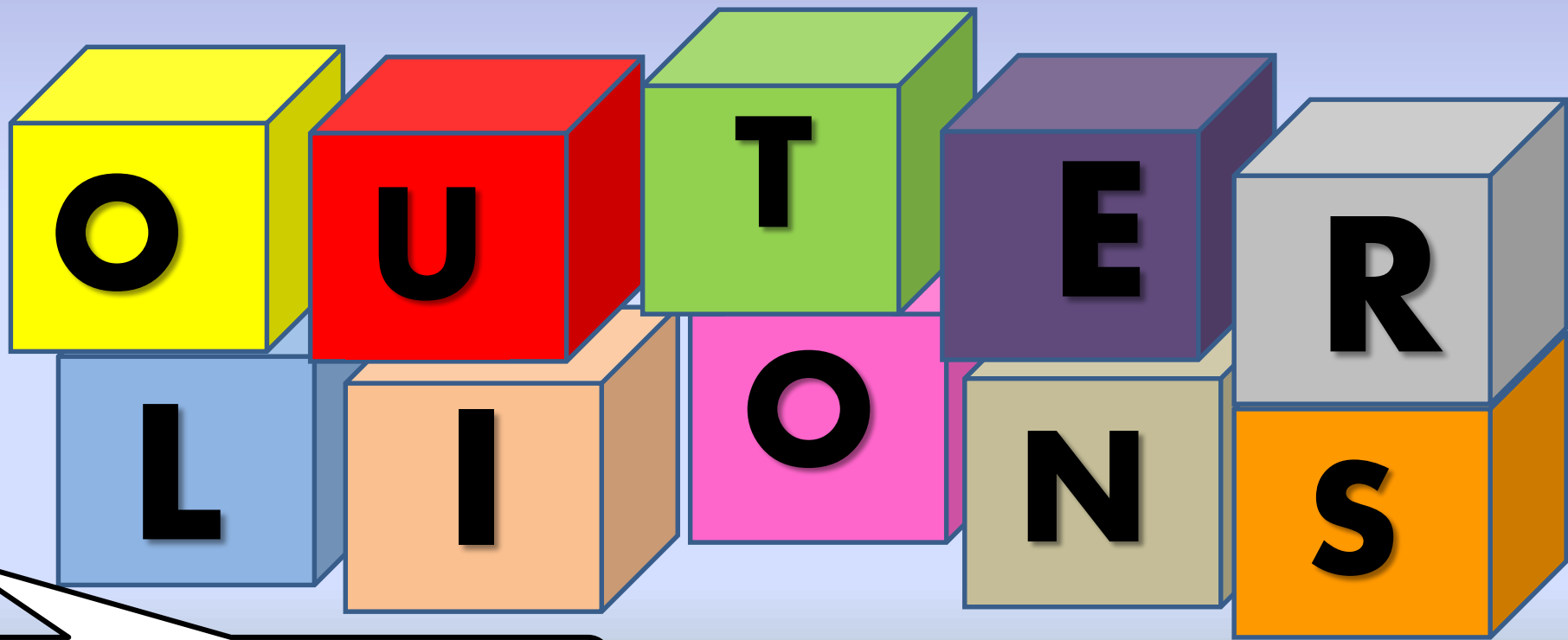
Think of some things that you would like to have or see in new year that these letters could stand for.



Some things that you would like to have,
or see, in new year might be...

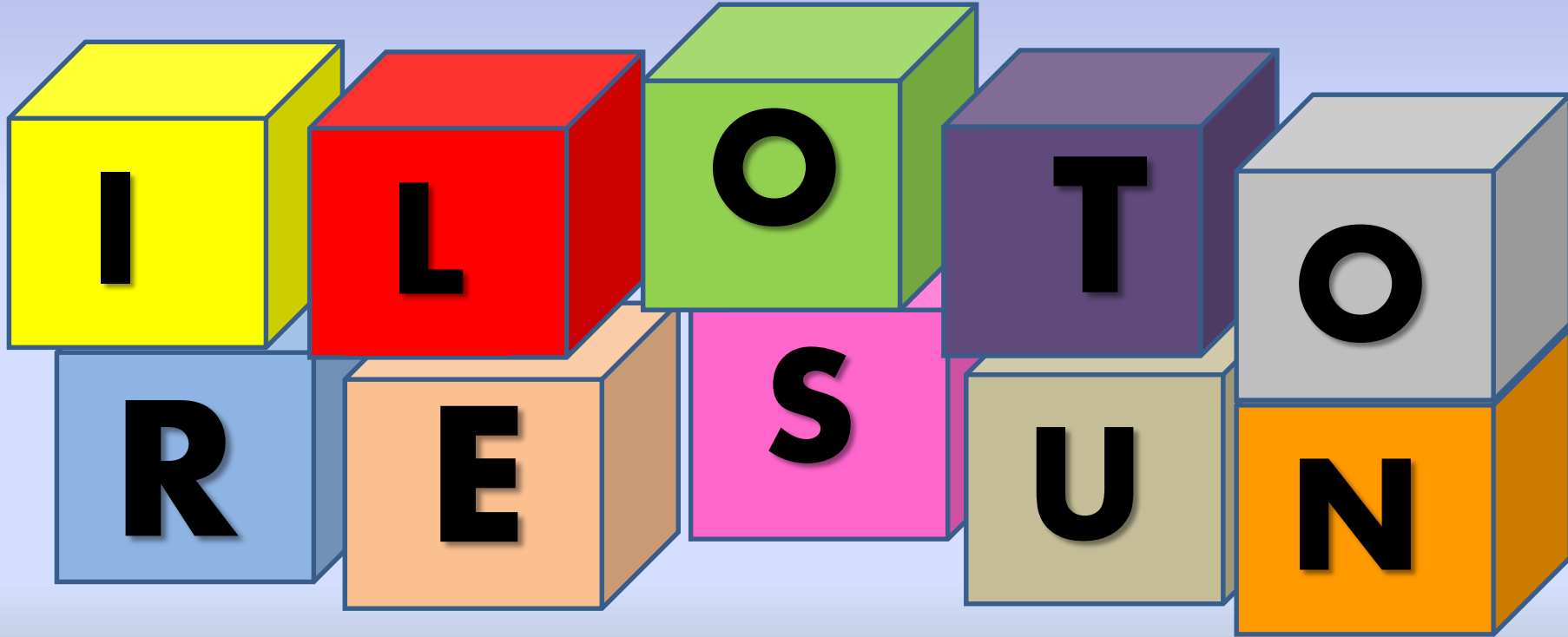


What word do these letters spell?

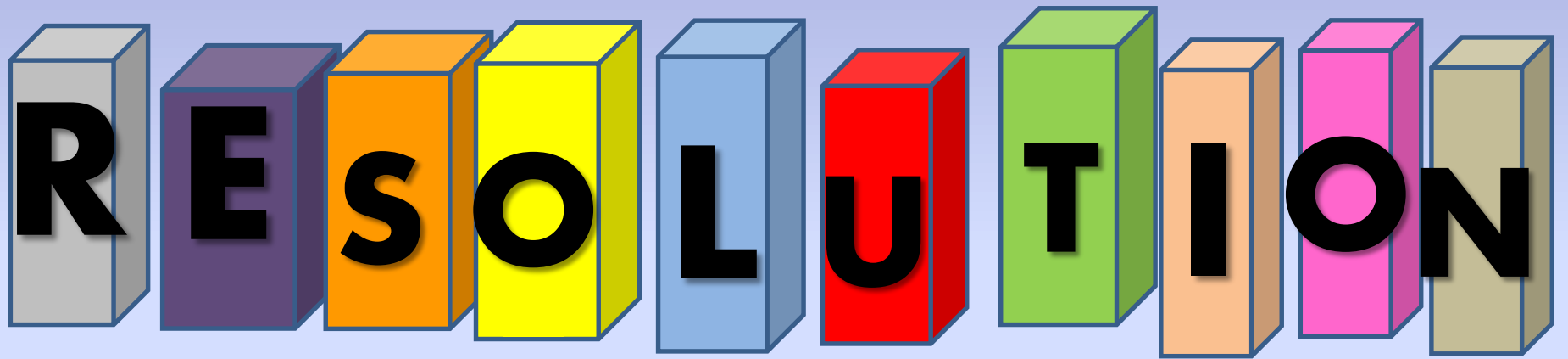


Does this make sense?

Do you know what word I am
trying to make?



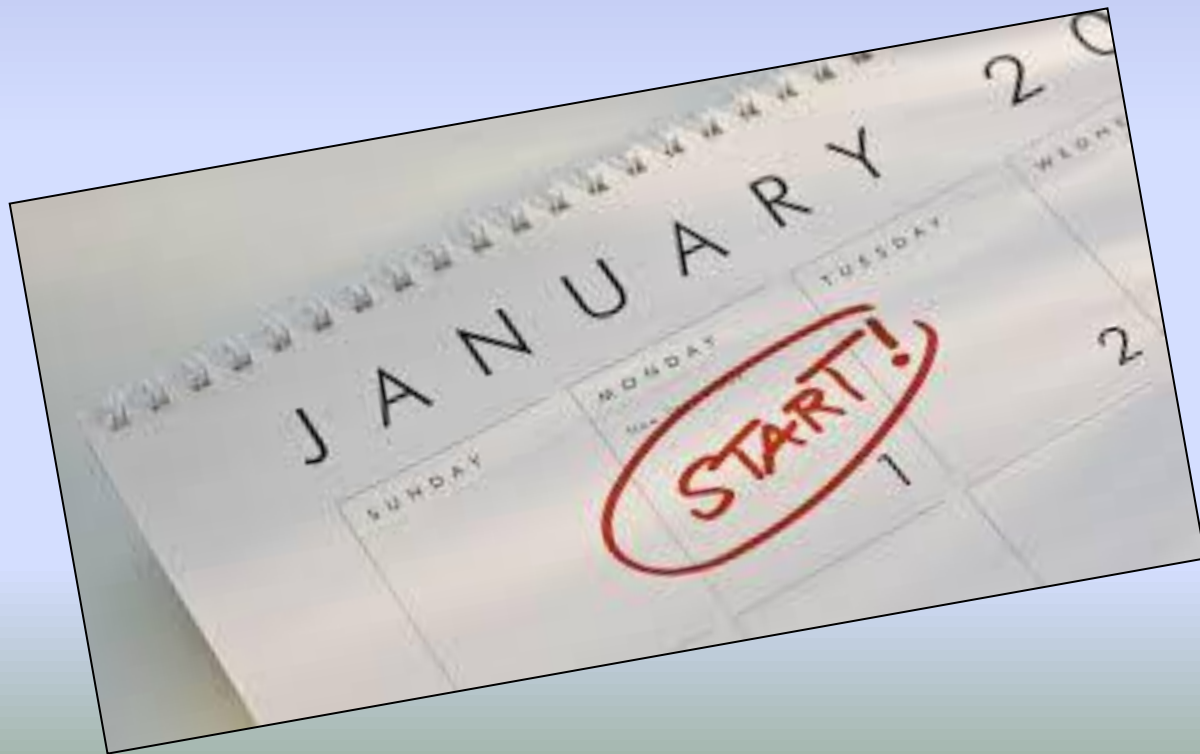
R E S O L U T I O N



Resolution doesn't just mean making a New Year's Resolution.

A resolution is something you can do at any time of the year.

It means to make up your mind and to decide to do something, something important to you.

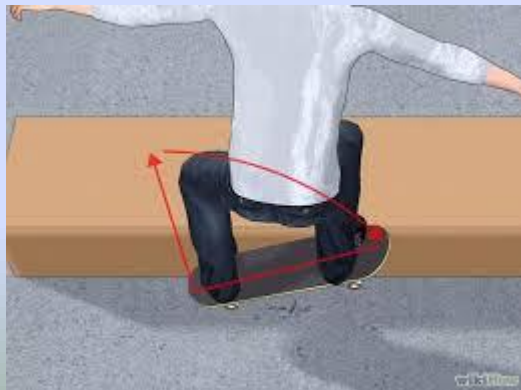


You can resolve to...

..win a game of tennis.... or get your next swimming badge... save up your pocket money to buy a present for your Mum on her birthday...learn how to do a kick-turn on your skateboard, or to try really hard at school.



What would you like to resolve to do?



Resolutions made at the beginning of the year need determination if they are to last all throughout the year.



**A resolution is
about being
determined.**



Think about something important to you, something you can resolve to do in the coming year to make it better than the last one.

What will you resolve?

Will you resolve to learn something new?

Or to try harder at school or to help more at home?

Will you resolve to be kinder, or to be a good friend?



Whatever you choose, remember that when you feel like giving up, a resolution is about being determined, sticking with it, and having faith in yourself.



Reflection,

Think about what has been good about last year and any changes you would like to make in this year ahead.



Think about how it feels to be determined and also remember that making a resolution means being determined, sticking with it, and not giving up.

Be determined ... and be successful!

THIS YEAR

- 1 A bad habit I'm going to break:
- 2 A new skill I'd like to learn:
- 3 A person I hope to be more like:
- 4 A good deed I'm going to do:
- 5 A place I'd like to visit:
- 6 A book I'd like to read:
- 7 A letter I'm going to write:
- 8 A new food I'd like to try:
- 9 I'm going to do better at:

2020

LAST YEAR

2019	Great moments/ Achievements	Bad moments/difficult challenges
At school		
Outside of school		

1. Make three columns; label them **POSITIVE**, **NEGATIVE** and **NEUTRAL**. List the adjectives under them.

2. Which ones are innate i.e you are born with and can't change and which ones can you work towards becoming/
ASPIRE to?

These words can help you describe someone's personality:

Ambitious
careless
chatty
cheerful
childish
competitive
Considerate
Easy-going
Hard-working
Idealistic
Impatient
Kind

Individualistic
Likeable
Moody
Outgoing
Popular
Reckless
Reliable
Reserved
Romantic
Selfish
Sensible
Sensitive

Emotional
Shy
Tolerant
Romantic
Sociable
Polite
Logical
Liberal
Independent
Creative
Decisive
Vain

How many words can you make from **RESOLUTION?**

Did you get?

Solution

Result

Loser

Loose

Lotion

Rest

Nest

There are lots of them!



Make 2 columns: **for** and **against** making a New Year's resolution. Put the sentences into the right column. Where do you stand on this issue? **It's a good idea because....**
It's a bad idea because.....

- 1) It sets a standard for you. You can measure your success by it.
- 2) It acts as motivation for you.
- 3) If you were going to do it, you would do it anyway.
- 4) It only ends up with making you feel guilty.
- 5) You should write it down and refer to it every day. That way, you will manage to achieve it.
- 6) Just do it!
- 7) Most are unrealistic; just 'wish lists', really.
- 8) You will only end up with a sense of failure.
- 9) The sooner you make 'em, the sooner you can break 'em!

Banish **negative** behaviours!

15 THINGS TO GIVE UP.

1. Doubting yourself.
2. Negative Thinking.
3. Fear of Failure.
4. Destructive Relationships.
5. Gossiping.
6. Criticising yourself and others.
7. Anger.
8. Comfort Eating.
9. Laziness.
10. Negative self talk.
11. Procrastination.
12. Fear of Success.
13. Anything excessive.
14. People Pleasing.
15. putting others needs before your own.

*This is a list of things you should give up.

*Do you agree with this list? Can you add any?

*Put them in order of importance.



Make suitable resolutions for these people / Match up...

- 1) Jeremy gets out of breath easily and wants to get fit.
- 2) Jenny has let herself down at school. She wants to do better.
- 3) Joe started smoking when he was 14. It's taking up all his money and his breath stinks.
- 4) Lin has been drifting in the same job since she left school. She is bored.
- 5) Kate has always wanted to travel, but never had the time.
- 6) Mena wants a pet but they are not allowed in her flat.
- 7) Ken wants to learn Mandarin Chinese.
- 8) Mulu wants a new image.

- a) A hypnotherapy course to alter addictive behaviour
- b) An extended holiday from work.
- c) Run to school every day.
- d) Work in an animal sanctuary on Saturdays.
- e) Half an hour's extra studying every week day.
- f) A shopping trip out.
- g) A duolingo course of study.
- h) A visit to a careers adviser.

1c 2e 3a 4h 5b 6d
7g 8f

Make 3 resolutions for yourself.

1.


2.

3.

In 2020, I am going to _____

Or, I am going to be (more)

Top Ten New Years Resolutions

- 
- stop smoking
 - Exercise
 - Lose weight
 - Enjoy life
 - Quit drinking
 - organize stuff
 - Learn something new
 - Get out of debt
 - Spend more time with family
 - Help people

**ALWAYS SHOW
RESPECT!**

NEW YEAR RESOLUTIONS

1. Notice the little things ☺
2. take pictures ☺
3. Keep a journal ☺
4. draw everyday ☺
5. eat lots of veggies + fruit ☺
6. YOGA ☺
7. Stop procrastinating ☺
8. go on walks ☺
9. de-clutter my life ☺
10. be honest with myself ☺
and others

How about this one???

Be more awesome than last year!

