

EPSJV

Quarto ano

Material preparado pela Prof. Juliana Menezes

Nome: _____ T: _____ Nº: _____

Read the title below:

10 NEW YEAR'S RESOLUTION* IDEAS TO INSPIRE YOU

>> Qual é a ideia principal do texto?

1) Read the text below and check your predictions:

1. Get Healthy / Lose Weight

Getting healthy and losing weight are two of the most common New Year's resolution ideas. They're also two resolutions that tend to fail. The key to **sticking** to this goal is to be clear about what you want to **achieve**. Instead of simply intending to get healthier, set specific goals, such as quitting fast food, soda or sweets, drinking less alcohol and more water or exercising 30 minutes a day.

2. Travel More

If you spent this year stuck at home, **chances are** that travelling may be on your list of resolutions. Instead of just leaving it as an empty promise to yourself, make it happen. Plan where you want to go, ask for the time off work, and decide on how much money you'll need so you can start saving.

3. Take Up a New Hobby / Learn a New Skill

Taking up a new hobby or learning a new skill can be a very **rewarding** resolution to **undertake**. Choose from a variety of options, such as painting, learning a musical instrument, cooking, writing, and reading more, to find your favourite activity.

4. Stop Procrastinating

There's no better time than the beginning of a new year to stop procrastinating. For each task that you want to **accomplish**, set yourself a realistic timeline with regular **checkpoints**. Once you've completed the task, give yourself a little reward for all your hard work.

5. Get Organised

Becoming more organised in life will not only feel great, but it'll help you **accomplish** all those other goals you've set. By using a daily planner you'll never miss a **deadline** again and by **decluttering** your house you'll experience more mental clarity and reduce stress.

6. Stress Less

Setting a resolution to stress less can be difficult and cause stress itself. Instead of worrying about changing your mindset instantly, focus on relaxing more through meditation, yoga, massage, or even a bath. Then, slowly work to view things in a positive light rather than a negative one.

7. Learn a New Language

Learning a new language is a great way to exercise your brain and immerse yourself in another culture. **Whether** you sign up for a local class or learn online, you're sure to find the challenge **rewarding**.

8. Be More Adventurous

If you felt like this year was a little **dull**, you may have resolved to be more adventurous in the new one. Start by saying yes to more things and trying things you'd normally **avoid** and you'll soon be living life to the fullest.

9. Watch Less TV

If Netflix had you **glued** to the TV all year long, you may be feeling a little disappointed with yourself. By setting a resolution to spend less time on the couch, you'll make sure next year is one to be **proud** of with plenty of accomplishments.

10. Be Greener

Setting a resolution to be "greener" is the perfect way to help the **environment** and feel good about yourself. Be sure to set clear goals, however, such as recycling wherever possible, buying sustainable items, changing diet or riding to work instead of driving.

Source: <https://www.indiatoday.in/information/story/new-year-resolutions-tips-for-you-1633368-2020-01-02>

Note:

***resolution:** *resolução* = quando prometemos a nós mesmos que faremos algo.

2) Answer the questions below, in Portuguese or English:

a) Seu palpite estava correto quanto à ideia principal do texto?

b) Quais são as duas resoluções de Ano Novo mais comuns?

c) Fazer ioga e meditação são sugestões associadas a qual resolução?

d) Reciclar e comprar itens sustentáveis são sugestões associadas a qual resolução?

3) Match the words **in bold** to their meanings in Portuguese :

a) stick to	() gratificante, recompensador
b) achieve	() alcançar
c) chances are	() ficar focado (a) em algo
d) take up	() meio ambiente
e) rewarding	() realizar
f) undertake	() limpar, criar mais espaço (em)
g) accomplish	() chato (a)
h) checkpoint	() evitar
i) deadline	() é possível que
j) declutter	() encarregar-se de / comprometer-se a (fazer algo)
l) whether	() se
m) dull	() começar a (fazer algo)
n) avoid	() item de checagem
o) glue	() ater-se a (algo)
p) proud	() prazo
q) environment	() orgulhoso (a)

4) Read the text again and discuss the questions in pairs, trios or groups of 4:

a) Quais resoluções você adotaria para si? Por quê?

b) Quais resoluções você não adotaria para si? Por quê não?

5) In order to talk about plans, intentions, resolutions, we can use BE GOING TO:

Going to

We can use it to talk about actions in the **future**: plans, intentions, resolutions.

1) AFFIRMATIVE FORM: SUBJECT + SIMPLE PRESENT OF THE VERB TO BE + GOING TO + INFINITIVE OF THE MAIN VERB WITHOUT TO

We **are going to travel** to Paris.

I'm **going to call** you tonight. (I am = I'm)

2) NEGATIVE FORM: SUBJECT + SIMPLE PRESENT OF THE VERB TO BE + NOT + GOING TO + INFINITIVE OF THE MAIN VERB WITHOUT TO

They **are not going to come**.

I'm **not going to have** any difficulty.

3) INTERROGATIVE FORM: SIMPLE PRESENT OF THE VERB TO BE + SUBJECT + GOING TO + INFINITIVE OF THE MAIN VERB WITHOUT TO

Are they going to help me?

What **is he going to do** next weekend?

YES/ NO QUESTIONS AND SHORT ANSWERS

YES/ NO QUESTIONS are questions which we answer with “yes” or “no”.

YES/ NO QUESTIONS:

VERB TO BE IN THE SIMPLE PRESENT	SUBJECT	GOING TO	MAIN VERB IN THE INFINITIVE WITHOUT TO	
ARE	THEY	GOING TO	TRAVEL	NEXT WEEKEND?
IS	SHE	GOING TO	STUDY	TOMORROW?

YES / NO QUESTIONS	SHORT ANSWERS
Are they going to travel next weekend?	Yes, they are. No, they aren't.
Is she going to study tomorrow?	Yes, she is. No, she isn't.

WH- QUESTIONS

They are open questions: we can't answer them with “yes” or “no”. We begin these questions with the WH- WORDS: **What; Who ; When ;Where; Why ; How .**

WH- questions

Wh Word	VERB TO BE IN THE SIMPLE PRESENT	SUBJECT	GOING TO	MAIN VERB IN THE INFINITIVE WITHOUT TO	
WHAT	ARE	YOU	GOING TO	DO	TONIGHT?
WHERE	IS	HE	GOING TO	WORK	NEXT WEEK?

Examples:

1. **What** are you going to do tonight?

I am going to watch a movie at home.

2. **Where** is he going to work next week?

He is going to work in Macaé.

USES

We use BE GOING TO to talk about:

1. Intentions:

She's not **going to go** to the cinema next Saturday; she's **going to go** to the park.

2. Plans in the near future:

Philip **is going to study** Chinese next month.

What **are you going to do** tonight?

3. Resolutions:

He's **going to practice** yoga in 2020.

We can use the following expressions with BE GOING TO:

next week; next month; in a week; tomorrow; in a month; today; tonight; etc.

6) Complete the sentences with BE GOING TO + MAIN VERB:

a) Alice _____ (have) Spanish classes tomorrow.

b) I _____ (cook) dinner tonight.

c) You _____ (not stay) home today.

d) We _____ (save) our planet.

e) My parents _____ (not move) to another country this year.

f) A: When _____ you and your brother _____ (go) to the beach?

B: We _____ (go) to the beach next weekend

g) A: _____ Rob _____(work) next week?

B: No, he _____. He _____(be) on vacation.

7) Individually, write down from 5 to 10 resolutions for 2020. Use BE GOING TO + MAIN VERB. Then, exchange your resolutions with each other.

"I'm going to..."

7.1) Now present your friend's resolutions to the whole class:

"*He is/ She is* going to _____. Also, *he is/ she is* going to _____. In addition, *he is/ she is* going to _____ (...). "