

### NEW YEAR RESOLUTIONS

"Let's see. Next year I will clean my room every day, only eat cookies on Saturday, read 100 books, ...."

"Hey, Roland, what are you doing?" Jasper asked as he came in.

"I'm making my New Year Resolutions."

"New Year resoluvolutions? What's that?"



#### EARN THIS NUGGET

- Talk to your parents about one good New Year's resolution and a plan to fulfill it.
- Make sure that your resolution is doable, don't choose something that will discourage you because it is too hard.
- For the next four weeks, have your parents keep up with how you are doing. This is called accountability and will help you create a habit that will give you the best chance of success.

"The word is resolutions. It means a promise to do something or make a change. Many people make a list of resolutions for the new year. This is my list."

Balthazar came in the room. "Roland, your resolutions need to be doable. If the resolutions are too hard, you won't keep them. Four thousand years ago, the Greeks had a practice of promising to pay all their debts and return everything they borrowed on their New Year's Day, which was in March. Pretty easy, right?"

"How did it get so complicated?" Roland wanted to know.

"Over the centuries, different cultures developed their own traditions. For example, in the Middle Ages knights would renew their knighthood vows each year by placing their hand on a live or roasted peacock.



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“The first time the term “new year resolution” was used was in 1813 in a Boston newspaper. Since that time, it has become a tradition.

“Most people make resolutions to themselves, like lose weight, go on a trip, or spend less time on social media. And most people fail at keeping those promises.”

“Well, if we make these promises, how can we keep them?” Jasper wanted to know.

“Here’s some ideas I’ve read about.”

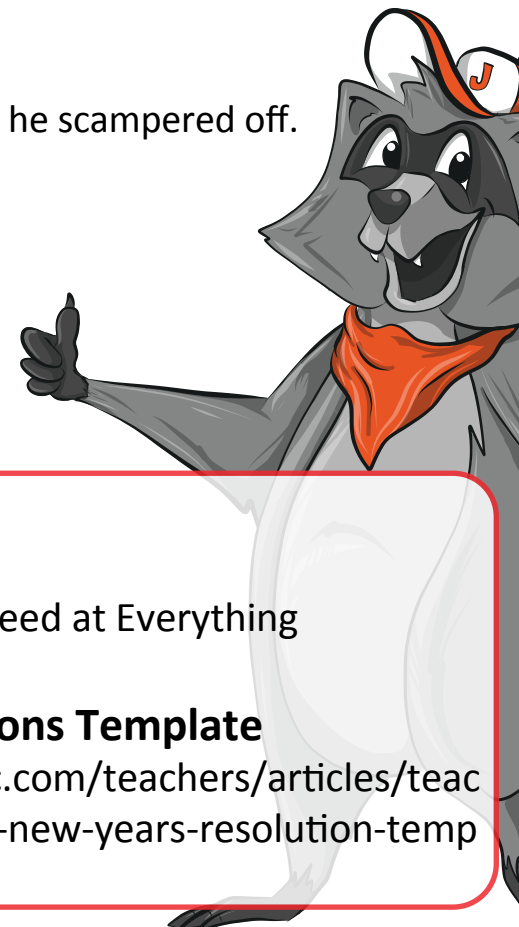
- Make one resolution. You can focus on one easier than on a list of them.
- Know why you want to make that resolution. A resolution may sound good, but if you don’t have a good reason you probably won’t care to keep it. Because all of your friends are making the same resolution doesn’t make it a good reason.
- Keep it simple and doable. Many people fail because the goal is too hard.

• Share resolutions with family members and friends. They can help you and you can help them.

• Make a plan for how you will reach your goal. It’s easier to keep a resolution, like reading 100 books, if you plan how many to read each week and have a list of books you want to read.

“Thanks, Balthazar,” Roland said. “I’ll go talk to my parents. I bet they can help me figure out one good resolution.”

“Me, too.” Jasper said as he scampered off.



#### Companion Lesson

Level K – Bonus

15B4 – How to Succeed at Everything

#### New Year’s Resolutions Template

<https://www.scholastic.com/teachers/articles/teaching-content/printable-new-years-resolution-template/>