

Year in Review – Reflection Lesson

Intermediate (B1-B2)



WARM-UP

Part 1. Choose one word to describe your year and discuss the questions.

Busy	Surprising	Cosy	Chaotic	Challenging
Productive	Calm	Exhausting	Fun	Unexpected

1. Why did you choose this word?
2. Would last year's word be different?
3. Do you think next year's word will stay the same or change?

Part 2. Read the quotes. Choose one you connect with and explain why.

"You didn't fail. You grew."	"Some years ask questions. Some years give answers."
"Growth is messy, beautiful and rarely planned."	"If nothing else, you survived. That's worth celebrating."

Discuss:

- Which one feels true for you?
- Which one doesn't match your culture?
- Which one reminds you of your own celebrations?

VOCABULARY & SPEAKING

Part 1. Read the conversations and guess the meaning of the words and phrases in bold.

1. "When I **look back on** this year, I realise how much I changed."

"Same here. It feels like a different lifetime."

2. "I really **learnt the hard** way that sleep matters."

"Yes, the body always tells the truth."

3. "January was a real **reality check** for me."

"I needed that too."

4. "I finally **stepped outside my comfort zone** at work."

"That takes courage."

5. "I had a **breakthrough** with my fitness routine."

"Nice. Consistency is everything."

6. "This year taught me not to **take people for granted**."

"That's a big lesson."

7. "I decided it was time to **turn over a new leaf**."

"Fresh start?"

8. "For me it's **out with the old, in with the new** next year."

"I like that."



Part 2. Finish the sentences with your own ideas.

- When I **look back on** this year, I feel...
- This year, I **learnt the hard way** that...
- A big **reality check** for me was...
- I **stepped outside my comfort zone** when...
- A **breakthrough moment** for me was...
- I used to **take people or things for granted**, but now...
- Next year, I want to **turn over a new leaf** by...
- For me, it's **out with the old, in with the new** because...

Part 3. Look at the four pictures. Choose two and discuss the questions.



1. What memory does it remind you of?
2. What happened?
3. Would you change anything about that moment?

Part 4. Choose one from each category. For each one, say what happened, how you felt, and what you learnt.

A good moment:

A small win, a nice surprise, a goal you achieved, a person who helped you

A challenging moment:

A mistake, a long week, a difficult decision, a lesson learnt

A surprising moment:

An unexpected event, a change of plans, something you didn't see coming

Part 5. Use the prompts below to talk about things that surprised you this year.

- A person who surprised you
- A habit you didn't expect to enjoy
- Something easier than you expected
- Something harder than you expected
- A moment that changed something for you

Part 6. We've all had moments like these this year. Choose two and explain what happened.

- You promised yourself an early night... but stayed up scrolling.
- You tried a "healthy routine" but it lasted three days.
- You bought something you instantly regretted.
- You planned to save money, then Black Friday appeared.
- You forgot someone's message for three days and felt guilty.

REFLECTION

Complete the sentences.

- Next year, I want to feel...
- I want to be the kind of person who...
- I want to make more time for...
- I want to let go of...

