



Teacher's Guide

New Year Idioms & Expressions – Intermediate (B1-B2)

Canva Presentation Link: [🌐 New Year Idioms & Expressions](#)

Editable Presentation Link: [🌐 New Year Idioms & Expressions](#)

Editable Worksheet Link: [🌐 Student Worksheet: New Year Idioms & Expressions](#)

Warm-up

Part 1. Students discuss the questions.

Part 2. Students read the quotes and choose one they connect with. They then explain why and discuss the questions.

Idioms, expressions & speaking

Part 1. Students read the conversations and guess the meaning of the expressions in bold.

start the year off on the right foot – begin positively

out with the old, in with the new – remove old habits/things and bring in new ones

a clean slate – a fresh beginning

new year, new me – starting self-improvement (sometimes jokingly)

stick to – continue doing something regularly

break a habit – stop a behaviour

make it count – use time well

fall back into old habits – return to behaviours you wanted to change

Part 2. Students finish the sentences with their own ideas.

Part 3. Students choose two situations and respond using the idioms.

Suggested answers:

1. **out with the old, in with the new** – clearing things out
2. **start the year off on the right foot** – beginning positively
3. **break a habit** – removing a distraction
4. **new year, new me** – trying to change everything
5. **make it count** – wanting the month to matter
6. **stick to** – staying with something consistently

(Other answers possible – accept reasonable interpretations.)

Part 4. Students match an idiom to each picture and justify their choices.

Suggested answers:

1. out with the old, in with the new
2. a clean slate
3. start the year off on the right foot / make it count
4. break a habit / stick to something

(Other answers possible – accept reasonable interpretations.)

Part 5. Students react naturally to the confessions, using the idioms where they can.

Part 6. Students choose two scenarios and respond using an idiom.

Part 7. Students choose one prompt and tell a short holiday story, using at least three idioms.

Reflection

Students discuss the questions.