

Objective

By the end of this lesson, the student will understand what habits are, how they are formed, and the importance of both good and bad habits in daily life. The student will also create a personalized habit tracker to help them develop positive habits.

Materials and Prep

- Paper or notebook
- Pens or pencils
- Markers or colored pencils (optional)
- Timer (can use a phone or any timer device)
- A quiet space to think and write

Before the lesson, it might be helpful to think about some habits you currently have, both good and bad. This will make the activities more personal and engaging!

Activities

• Habit Brainstorm

Start by writing down a list of habits you have. Think about both good habits (like brushing your teeth) and bad habits (like biting your nails). Discuss why you think these habits exist and how they affect your life.

• Habit Formation Game

Set a timer for 5 minutes and try to think of as many habits as you can that people might have. After the timer goes off, share your list and talk about which ones are good, which ones are bad, and why.

• Create a Habit Tracker

Design a habit tracker in your notebook. Choose 3 good habits you want to develop over the next week. Each day, you will mark off whether you completed those habits. Get creative with colors and drawings!

• Reflection Time

At the end of the week, reflect on how it felt to track your habits. Did you find it easy or hard to stick to your new habits? What did you learn about yourself?

Talking Points

- "What are habits? Habits are things we do regularly, often without thinking about them."
- "Good habits can help us be healthier and happier, like exercising or reading every day."
- "Bad habits can hold us back, like procrastinating or spending too much time on screens."
- "Habits are formed through repetition. The more we do something, the easier it becomes."
- "Tracking our habits can help us see our progress and motivate us to keep going!"
- "It's okay to have bad habits; the important thing is to recognize them and work on improving."
- "Remember, change takes time! Be patient with yourself as you develop new habits."