

Full Lesson: HabitWise Lesson #3

<p>Grade Level 6th-12th</p> <p>Suggested Timing 40-45 minutes</p> <p>Standard VAR.7 - Create and track sustainable and desirable habits</p> <p>VAR.5 - Practice and demonstrate self-awareness of thought processes and behavior</p>	<p>Goal:</p> <ul style="list-style-type: none"> • Students will be able to identify ways to improve habits by substituting “better-for-you” behaviors in the habit loop. • Students will evaluate their life habits, how they relate to one another, and improvements they could make.
	<p>Impact:</p> <p>Healthy, sustainable habits can support us mentally, emotionally, and physically. In this lesson, students learn how they can use the habit loop to improve their physical health.</p>
	<p>Notes:</p> <p>What to look and listen for: Can students describe the impact habits can have on their future? Can students identify life habits that are supporting - or getting in the way of - their goals? Are students discussing ways to make habits sustainable?</p>
	<p>Lesson:</p> <p>Engage (10 minutes):</p> <p>Prior to watching the video, give your students time in small groups to reflect on how their life habits (what we eat, how much we exercise, when we sleep) impact their ability to make good decisions.</p> <p>Suggested Questions:</p> <p><i>We often find new ways to improve our habits when we learn about what has worked well or been problematic for others, so you’re encouraged to share your ideas with the class.</i></p> <ul style="list-style-type: none"> • <i>In what ways do our life habits (what we eat, how much we exercise, when we sleep) affect our day-to-day ability to make good decisions?</i> • <i>What things get in the way of eating right, or getting enough sleep and exercise?</i>

- *What negative side effects can occur from not getting enough sleep and exercise, or eating unhealthy goods?*

Apply (10–15 minutes):

Show [Video #3: How Habits Can Help Us Be Healthy](#) and follow up with the suggested prompts and questions below. Consider collecting student responses on sticky notes so the class can do a gallery walk – looking at common stressors, positive habits, and helpful tips.

Suggested Questions:

In the video, they mentioned that habits usually have long-term impacts on our lives in contrast to the one-time events that usually have short-term effects. Jayden has a habit that helps him unwind after a busy day at school, but it ends up causing some negative side-effects.

- *Do you have any similar habits that help you cope with a stresser in life but creates problems in other areas?*
- *Can you describe a better habit that would help you manage stress without the negative side effects?*
- *What helpful tips can you implement that would help you stick to these better habits?*

Reflect (10–15 minutes):

Introduce the [Healthy Habits Survey](#) and [Improve Your Habit Loop](#) worksheets to aid in your students' development of healthy habits. Following the worksheet activity, have your students reflect on their habit process in small groups or their journals.

Suggested Questions:

- *Rate yourself on how well you have been able to stick to your habits. What modifications, rewards, and practices can you take to make it easier to develop a sustainable habit? Ask others in the group for advice.*
- *What cues can you identify? What possible negative side effects should you be mindful of?*

Differentiation:

As necessary, review the parts of the habit loop learned in lesson 2 of this unit.

Optional extensions:

Use [the weekly habit recap sheet](#) as a tool to support student journaling and reflection between lessons (this is introduced in lesson 5 of this unit).