

Unit: HabitWise

<p>Grade Level 6th–12th</p> <p>Number of Lessons 5 lesson</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>Unit Description:</p> <p>HabitWise is a collection of lessons that teach students how to develop healthy and sustainable habits. The lessons include videos and tools to build students’ understanding of habit loops, and how these loops can support their health, improve their productivity, and manage their stress. In the final lesson, students choose from a variety of tools to develop a project that will support them as they continue to develop positive habit loops and monitor their progress.</p> <p>There are a total of five lessons in this unit. They are designed to be given one day a week for a total of five weeks.</p>
	<p>Unit Objectives:</p> <ul style="list-style-type: none"> • Students will learn to identify cues that trigger behavior that can form habits. • Students use and modify a habit loop to develop healthy sustainable habits that can have long-term effects on our lives. • Students will recognize the importance of being persistent when nurturing new habits.
	<p>Key Concepts:</p> <p>Understanding the elements of habit loops. Modifying habit loops to improve sustainability of habits we want to nurture. Recognizing and interrupting habit loops for habits we want to crush.</p>
	<p>Lessons:</p> <p>Lesson 1</p> <p>Lesson 2</p> <p>Lesson 3</p> <p>Lesson 4</p> <p>Lesson 5</p>