

Develop Positive Habits



DEVELOP
IDENTITY

WHICH HABITS SHOULD I HAVE?

1: START WITH YOURSELF

Know how to recognize which habits are helpful to you.

THINK ABOUT habits kids have

Are there any habits you have that were not on the list? If so, list them in the graphic organizer below. Be prepared to share the list with the class as the teacher may write them on the board.

My habits include....

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CAN YOU TELL IF A HABIT IS HELPFUL TO YOU?

2: LOOK BEYOND YOURSELF

Determine if a habit would be helpful to you or not.

THINK ABOUT the positive habits of others

Choice 1:

<i>After you get home from school, you play video games until you go to bed.</i>	
<i>Put money into your piggy bank, so you can save up to buy important things.</i>	

Choice 2:

<i>Turn off lights or appliances you are not using.</i>	
<i>Do not cover your mouth when you sneeze or cough in public.</i>	

Choice 3:

<i>Ignore others when they are talking to you, especially if you have a phone.</i>	
<i>Have a special time set aside to do your homework and do not play until you are done.</i>	

Choice 4:

<i>Wash your hands after going to the bathroom and after touching public items.</i>	
<i>Shower or bathe once a week.</i>	

WHAT HAVE YOU LEARNED ABOUT DEVELOPING POSITIVE HABITS?

4: Reflect and Update your thinking

I can use what I have learned about developing helpful habits that will help me create a brighter future for myself.

Will developing positive habits help you later in life? Explain!

Are there any helpful habits you heard about today that you would want to use in your own life? If so, what are they?