

Daily Digest Conversation Cards
Theme: Mental Health
Focus: Psychology of a Good Habit

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Focus Mission: The focus of this section is to create an understanding of the psychology behind how habits form so students can use it to create good habits.

Focus Delivery Method:

Target Audience: Middle and High school students

Course length: 5-10 minutes

Course setting: classroom, after school during snack time

Focus Learning Objectives:

After engaging in the conversation prompts about good habits, students will be able to:

- 1.
2. Understand how the brain forms new habits
3. Learn tips to create new, healthy habits for themselves

Focus Prompt Outline:

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Prompt 1. New Year's Resolutions

Prompt Description:

Prompt Learning Objectives:

Source:

- [Approach vs. Avoidance goals](#)
- [A large-scale experiment on New Year's resolutions](#)

Facts in Quiz Format:

- **Title:** The Best Approach to the New Year
- **Instruction:** How you think about your goals impacts how successful they are. Studies have shown that New Year's resolutions are more successful if they are "approach" goals rather than "avoidance" goals. Approach goals focus on *adding* something positive, while avoidance goals are focused on *avoiding* something negative.
- **Question/Answers:** Decide whether the following are approach or avoidance goals.
 - Stop eating junk food (**avoidance**)
 - Eat more fruits and vegetables (**approach**)
 - Play less video games (**avoidance**)
 - Work out 4 times a week (**approach**)
- **Explanation:**

Follow-up Conversation Starters: Have you made any New Year's resolutions this year? Are they approach or avoidance goals?

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Prompt 2. Why New Habits are Hard

Prompt Description:

Prompt Learning Objectives:

Source:

- [Blame it on the Brain](#)

Facts in Quiz Format:

- **Title:** Blame it on the Brain
- **Instruction:** A study was done at Stanford University, where a group of people were given either a 2-digit or a 7-digit number to remember. They were then asked to choose between 2 snacks: a slice of chocolate cake or a bowl of fruit.
- **Question/Answers:** The person remembering _____ was more likely to choose the healthier snack option.
 - **The 2-digit number**
 - The 7-digit number
- **Explanation:** When your brain is overloaded with stressors, like remembering a long number, you're much more likely to give in to temptations. That's why it can be difficult to maintain good habits in your daily life.

Follow-up Conversation Starters: What are some new habits you'd like to start this year?
What are some stressors that could get in the way of your new habits?

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Prompt 3. SMART Goals

Prompt Description:

Prompt Learning Objectives:

Source:

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- [Habits: How They Form And How To Break Them](#)
- [Setting small goals to achieve big ones](#)

Facts in Quiz Format:

- **Title:** SMART Cookie
- **Instruction:** The best way to form habits is by setting SMART goals. Each letter of SMART sets a different parameter for your goal. Which of the following is not correct?
- **Question/Answers:**
 - Specific
 - **Magical**
 - Achievable
 - Relevant
 - Time-bound
- **Explanation:** Your goals need to be measurable, not magical. You should be able to measure your progress every step of the way. You should also set a deadline for goal completion and be as specific with your goal as possible.

Follow-up Conversation Starters: Why do you think it's so important to have a plan when creating new goals? What plans do you have for your New Year's Resolutions? Are they SMART?