

GRADE LEVEL	3-5
RELATED MONTH	May – Spring Into Healthy School Environments
COMPETENCY	H8 - Demonstrate the ability to advocate for personal, family and community health.
OBJECTIVE	To have students discuss the definition of a habit and how habits develop.
CONTENT STRAND	Personal Health (PH)
INTEGRATED SUBJECT AREA(S)	Language Arts
DURATION	35 minutes
MATERIALS	My Habits Think Sheet / Habit Chart (PDF) Pencils
DESCRIPTION	<p>The students define the words "habit" (a pattern of behavior that is repeated; the person usually is not even aware of the habit) and "automatic" (an activity done without thinking).</p> <p>The teacher draws 2 columns on the board. Column 1 has Healthy Habits written at the top and Column 2 has Unhealthy Habits written at the top. The teacher asks the students to think of good and bad health habits. Each student is given the opportunity to come to the board and write his/her response under the correct column.</p> <p>The teacher then asks: "Are there certain things you do automatically when you are afraid or tired in order to make yourself more comfortable?" The teacher gives the students a chance to respond. If the students cannot think of something, the teacher suggests things such as biting nails, twirling hair, etc.</p> <p>The teacher asks the students, "Why do certain activities develop into habits?"</p> <p>Some of the student responses may be:</p> <ol style="list-style-type: none"> <li>1. It feels good to do it.</li> <li>2. It is hard to stop.</li> <li>3. We don't think of the consequences.</li> </ol> <p>After the students complete My Habits Think Sheet in class, the teacher instructs them to complete the chart at the bottom of the page and turn it in after Day 7.</p>
ASSESSMENT	<p>The teacher checks The My Habits Think Sheet for understanding or for any misconceptions the students may have about habits.</p> <p>The My Habits Chart that is at the bottom of the Think Sheet will be checked at the end of the designated period of time.</p>
TIPS & SUGGESTIONS	

The teacher should have strategies prepared that allow students to think/answer in depth, but at the same time prevent students from disclosing too much personal information.

This lesson plan supports Competency 2 of the Mississippi Language Arts Framework for grades 3-5. Competency 2 - The student will apply strategies and skills to comprehend, respond to, interpret, or evaluate a variety of texts of increasing length, difficulty, and complexity.

Language Arts is integrated in this lesson plan by having students apply strategies/skills to comprehend, respond to, interpret, and evaluate a text.

ADDITIONAL RESOURCES    My Habits Think Sheet/Habit Chart  
[1021-MyHabitsThinkSheetMyHabitChart.pdf](#)

Your Child's Habits  
[www.kidshealth.org/index.html](http://www.kidshealth.org/index.html)

Effective Habits for Effective Study  
[www.studygs.net/attmot4.htm](http://www.studygs.net/attmot4.htm)

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TRACKING #    H-1021 This Habit of Mine