



Personal Responsibility

Healthy Habits Challenge

Pre-Teaching/ Guiding Language:

We all have bad habits, but what about healthy ones? Did you know that research shows that it takes 21 days of consistently engaging in a new skill or routine to make it a habit? That means if you want to start taking a run before school, you need to run every day for 21 days until it is truly a habit in your routine. Bad habits can be hard to break, but instead of focusing on breaking the bad ones, let's try and focus on building up the healthy ones.

How do we decide what habits we want to start? Here are a few habits of healthy students to get your brain working!

1. **Be organized-** Make a plan of what you want to accomplish and how you will do it and stick to it!
2. **Don't multitask-** Focus on one task at a time. Studies show it is almost impossible to do anything perfectly while multitasking.
3. **Have a clean study space-** Take a few minutes either at the start of your day or at the end to tidy your workspace.
4. **Have a study group-** When you have a group of like-minded friends or peers to study with you are inherently more motivated and you all want to succeed! Additionally, reteaching is one of the best ways to learn.
5. **Ask questions-** If you are unsure of something, ask a friend, teacher, mentor, or parent for help.
6. **Be rested-** If your body and your brain are tired it becomes increasingly more difficult to be successful.
7. **Exercise-** When your brain and body are both healthy you can be at your best!

This strategy reinforces the skills taught in the high school student-directed strategy ***Habits for Success.***

Key Takeaways:

- Students will understand the importance of healthy habits.
- Students will recognize the difference between healthy and unhealthy habits.
- Students will work to train their brain to engage in healthy vs. unhealthy habits.

Duration + Materials:

- 20 minutes

Key Vocabulary:

- **Habits-** A settled or regular tendency or practice, especially one that is hard to give up.
- **Multitask-** Dealing with or engaging in more than one task at the same time.



Activity:

1. Teachers will use the pre-teaching language to introduce the importance of healthy habits.
2. Teachers will use the discussion questions to lead a conversation about what healthy habits their class already has and which ones they would like to improve upon.
3. Teachers will guide each student to pick a new “healthy habit” that they want to track and provide students with a checklist of 21 days.
4. Teachers will prompt each student to indicate on their checklist if they engaged in their healthy habit each day for 21 days.
5. After 21 days, teachers will check in with students and see who was able to complete their healthy habit challenge.
 - a. If some students missed a day or were otherwise unable to complete, lead a discussion about what they felt got in the way and how they can still acquire new healthy habits.

Discussion Questions:

Pre-Challenge Questions:

1. What bad habits would you like to break?
2. What healthy habits do you feel like you already have?
3. What healthy habits would you like to gain?
4. What do you think sounds hard about the 21-day challenge?
5. Who will you ask for support if you need it during this challenge?

Post Challenge Questions:

1. If you completed the challenge, what did you find difficult about it?
2. If you did not complete the challenge, what did you feel like got in your way?
3. If you could have done something differently during the challenge, what would it be?
4. Do you feel like you can maintain your new habit? Why or why not?
5. What support do you need to maintain your new habit?

Supplemental Materials:

- 21 Day Challenge Checklist

Reinforcement Activities:

1. Teachers will encourage students to work on maintaining their new healthy habits by consistently engaging in them.
 - a. If it was a behavior they can engage in in class, prompt students to do so. Ask students about their new habits, allow students to show their new skills or habits to the class. Reward students with praise when you see them engaging in their new healthy habits.