



## Habits

### Aims:

To reflect on the importance of building healthy habits.

### Preparation and materials:

- <https://www.youtube.com/watch?v=0foTwnNZq8> [available 05/20] (Building better study habits for students – CBS This morning)

### Assembly:

1. Ask students to reflect on the word habit. What comes to mind? Does the word have positive or negative connotations? Invite students to consider that some habits can be annoying or even harmful to ourselves or others.
2. Watch the short interview with James Clear discussing building good habits? Are the challenges of modern technology (smart phones, social media) making it difficult for you to build good habits? What do you think of his suggestions for building good habits? Can you build in any of his suggestions?
3. Ask a teacher or a student about a successful story of them building in a good habit. How did they identify that they needed a change? What were the practical steps that they took in order to implement the new habit? How has it changed their life?
4. How might habit building develop your character? What character virtues does habit building involve? How might your character be strengthened by developing these character virtues?

### Reflection:

Do we have a bad habit that we need help to overcome? Are there people or strategies that we could use to help us? Are there good habits we could try to adopt?

### Challenge:

Identify a healthy habit that you would like to adopt this term? What practical strategies do you need to put in place for you to develop this habit? How might adopting this habit help you in the future?

