



What is a habit?

<https://www.youtube.com/watch?v=vN1aRN5bQQ0>

An acquired behaviour pattern that is usually difficult to stop.

What are your habits?

Discuss your habits with your talk partner!

Do you have any habits?

What are they?

What are good habits?

A behaviour that is beneficial to one's physical or mental health, often linked to a high level of discipline and self-control. Examples good habits regular exercise, balanced diet, doing homework on time etc.



What are bad habits?

A bad habit is behaviour that has a negative impact on your life. Examples include: procrastination, spending too much time watching TV, being unproductive, laziness etc.



How can we overcome bad habits?

In your PSHE book select 2 bad habits and write/draw how you can overcome these.