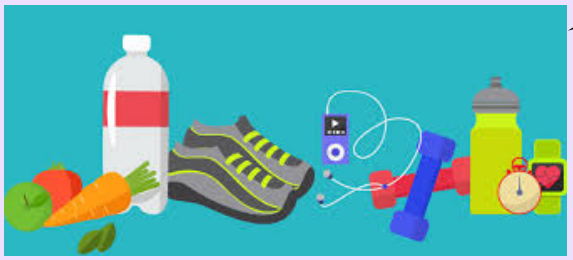
This term we will be exploring...

How can we keep healthy as we grow?

LO: to identify healthy and unhealthy habits.

What is a habit?

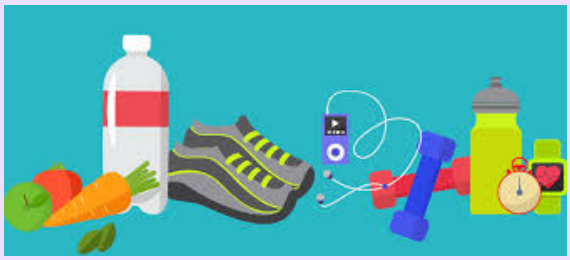




LO: to identify healthy and unhealthy habits.

A habit is an activity you do so often you almost do it without thinking.

For example, brushing your teeth every morning and night.





LO: to identify healthy and unhealthy habits.

Thinking Together:

Are all habits healthy?

Make sure you have examples to help explain your thinking.

LO: to identify healthy and unhealthy habits.

Habits can be healthy or unhealthy.

It is sometimes difficult to get into a healthy habit and it is also difficult to break an unhealthy habit.

LO: to identify healthy and unhealthy habits.

Decide whether each habit (on the next slide) is healthy or unhealthy.

Healthy	Unhealthy

- using manners
- asking for help
- thinking you can't do something
- trying your best
- hiding how you feel from others
- thinking about other people's feelings
- using a can-do attitude
- eating food that is good for your body
- exercising
- staying calm
- finding a solution to your problems
- getting enough sleep
- not letting anyone help you
- self-doubting
- having a good self-care routine
- challenging yourself
- not drinking enough water
- practising a new skill
- dealing with failure
- managing change
- accepting your mistakes
- avoiding difficult things

LO: to identify healthy and unhealthy habits.

Let's choose one habit now.

What would it look like as a healthy and unhealthy habit.

I am going to focus on sleeping.

LO: to identify healthy and unhealthy habits.

I do

	Chosen healthy habit: Getting enough sleep	Chosen unhealthy habit: Not getting enough sleep
Positive Consequences		
Negative Consequences		

LO: to identify healthy and unhealthy habits.

I do

	Chosen healthy habit: Getting enough sleep	Chosen unhealthy habit: Not getting enough sleep
Positive Consequences	• You're ready for the new day. • It puts you in a good mood. • It supports overall health.	
Negative Consequences	• I could miss out on things. • My friends might laugh at me for going to bed earlier than them.	

LO: to identify healthy and unhealthy habits.

we do

	Chosen healthy habit: Getting enough sleep	Chosen unhealthy habit: Not getting enough sleep
Positive Consequences	• You're ready for the new day. • It puts you in a good mood. • It supports overall health.	
Negative Consequences	• I could miss out on things. • My friends might laugh at me for going to bed earlier than them.	

LO: to identify healthy and unhealthy habits.

we do

	Chosen healthy habit: Getting enough sleep	Chosen unhealthy habit: Not getting enough sleep
Positive Consequences	• You're ready for the new day. • It puts you in a good mood. • It supports overall health.	• Gives me more time to play. • I can fit in with my friends.
Negative Consequences	• I could miss out on things. • My friends might laugh at me for going to bed earlier than them.	• I would be tired the next day. • I could be in a bad mood. • It might affect other areas of my health.

LO: to identify healthy and unhealthy habits.

you do

	Chosen healthy habit:	Chosen unhealthy habit:
Positive Consequences		
Negative Consequences		

Chose a habit to complete the table with.

What would it look like as a healthy and unhealthy choice?

Share your ideas.

These are some of the things we need to think about when we make decisions about our health. We might not write it down in this way, but we need to think about the positive and negative consequences of our choices to help us decide which way to go.

LO: to identify healthy and unhealthy habits.

we do

Breaking an unhealthy habit can be hard to do.

What strategies might you have to help you break the habit?

LO: to identify healthy and unhealthy habits.

we do

It can also be hard to establishing a healthy habit. How can you establish a healthy habit? How can you ensure you maintain it?

	Chosen healthy habit:	Chosen unhealthy habit:
Positive Consequences		
Negative Consequences		