



Icebreaker: Good Habit vs. Bad Habits

Materials: None

Grade Range: 6-8

Time: 10 minutes ** Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer **

Synopsis: Mentors will define the word 'habit': (a settled or regular tendency or practice, especially one that is hard to give up) after which both students and mentors will open up about some of their habits that are considered to be 'bad' and some of their habits that are considered to be 'good'. This ice breaker pairs with our lesson 'Why Your Habits Matter'.

Instructions:

1. Mentors will begin by asking students if they know what a 'habit' is. Seek out answers from the students before providing the dictionary definition (a settled or regular tendency or practice, especially one that is hard to give up).
2. After there is a solid understanding of what a habit is, let students know that you will be sharing out what they/you would consider to be a 'good' habit (making your bed each morning, brushing your teeth) along with what you consider to be a 'bad' habit (biting your nails, leaving trash out).
3. Given the nature of the topic, some students may not want to share verbally, in which case, the chat feature is appropriate to use here.
4. After students have shared, let them know that you will now be discussing why our habits matter and what we can do to ensure we keep more of the good ones and begin to phase out the bad ones. (They will need their bad habit top of mind for the next activity, so make sure they each have one!)