



Teaching Progression:

Step 3: Make It a Habit

SUB SKILL(S):

- Demonstrate a health practice, skill, or strategy that supports health
- Use a health practice, skill, or strategy regularly
- Share a health practice, skill, or strategy and its benefits with others

VALUABLE VOCABULARY:

implement, habit

GUIDING QUESTIONS:

How do I develop healthy habits?

When does a health practice become a healthy habit?

NHES PERFORMANCE INDICATORS:

(7.12.2) Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. (7.12.3) Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

Step 3: Make It A Habit

Sub Skill: **Demonstrate A Health Practice That Supports Health**

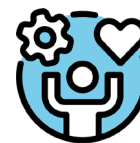


SUGGESTED LEARNING ACTIVITY 1:

Share with students that in order to develop healthy habits, we must use health practices regularly. One way to ensure we use health practices regularly is to improve our abilities through practice. Share a health practice you had to practice in order to be healthy and why practice was important (e.g. practicing doing your laundry).

Provide time for students to rehearse their selected health practice within the classroom. Remind students of the research they completed in Step 2 regarding the steps for demonstrating their health practices. Have students utilize their research and understandings in order to provide a complete demonstration of their selected health practice. Place students in pairs or small groups.

Have students demonstrate their health practices to their classmates, allowing feedback to be provided. Guide students to offer feedback regarding the clarity of their demonstrations and the stated connections to current and future responsibilities.



Teaching Progression: Step 3 | Make It a Habit (Cont.)

Step 3: Make It A Habit | Sub Skill: Use A Health Practice Regularly



SUGGESTED LEARNING ACTIVITY 1:

Explain to students that in order to be healthy, we must form healthy habits. We want to make sure that the health practices that were selected turn into healthy habits and behaviors, which means we are using them appropriately and regularly. Give an example of a health behavior that has become a health practice, such as wearing a seat belt or washing your hands after using the restroom. These are things people often do without even thinking.

Language of Health Literacy:

A strategy I could use to develop a healthy habit is_____.

In order to make _____ a habit, I am going to_____.

Ask students to provide other health habits that they do without thinking. Then, ask students to try to describe how that became a habit. Chart student responses. Once a comprehensive list has been created, ask students to select some of the strategies that they can use as they turn their health practices into health habits.

TEACHING NOTES:

- Responses may include: a trusted person held me accountable to doing the health practice at first, repetition over a period of time, set goals, tracked progress, left reminders, etc.
- Model and provide the *Language of Health Literacy* to support students selecting strategies and explaining their reasoning.
- Provide students with strategies they can use to form healthy habits, such as setting an alarm, tracking their use, having an accountability person, regular journaling and reflecting, etc.



See *Decision-Making & Goal-Setting* for guidance on strategies for following through on decisions and tracking progress.



See *Goal-Setting* for guidance on supporting students to track their use of health practices and to set goals on developing healthy habits.



Teaching Progression: Step 3 | Make It a Habit (Cont.)

Step 3: Make It A Habit

Sub Skill: Share A Health Practice And Its Benefits With Others



SUGGESTED LEARNING ACTIVITY 1 :

Hold a Health Practices Fair for students to demonstrate their health practices and attempt to follow the direction of their classmates in other demonstrations. Assess students' ability to demonstrate their health practice by observing and/or taking part in their demonstrations during the health fair.

Language of Health Literacy:

_____ (health practice) can help with
_____ (responsibility).

_____ (health practice) can improve your
health by_____.

TEACHING NOTES:

- Be sure the Health Practices Fair allows for all students to participate by demonstrating and practicing various health practices.
- Provide ample time, multiple days or class periods if necessary, for all students to participate in the fair by demonstrating their health practice and taking part in others' demonstrations.
- Allow students to use necessary props and visuals to enhance demonstrations.



See *Advocacy for Self & Others* for guidance on students encouraging others to adopt health practices.