

# Session 20

	<b>Session 20</b>
<b>Session Title</b>	<b>Be a Habit Hero (Good Habits)</b>
<b>Objective</b>	<p>Help students understand the importance of good daily habits.</p> <p>Encourage students to adopt simple, healthy habits like brushing teeth, eating fruits, and washing hands.</p> <p>Make learning fun and interactive through storytelling, games, and art activities.</p>
<b>Topics/Concept</b>	<p>What are good habits?</p> <p>Why are good habits important for health and happiness?</p> <p>Simple daily habits (brushing teeth, eating fruits, washing hands, keeping surroundings clean).</p>
<b>Material Required</b>	<p>Storybook or printed story of "Tommy's Good Habits"</p> <p>Flashcards with pictures of good habits</p> <p>Chart paper &amp; crayons for habit chart activity</p> <p>Sketch pens for marking chosen habits</p>

**Session Plan 90 Min**

## **Intro Activity**

### **1. Introduction (15 Minutes)**

Begin with a question to engage students: "What do you do every day to stay healthy?"

Write their answers on the board and introduce the idea of good habits.

Explain: Good habits are actions we do every day to stay healthy and happy (e.g., brushing teeth, eating fruits, washing hands).

Show flashcards with different good habits and ask students to identify them.

## **Main Topic/ Activity**

### **2. Storytelling Activity - "Tommy's Good Habits" (20 Minutes)**

Tell a simple story about Tommy, a boy who learns to develop good habits:

Tommy wakes up early and brushes his teeth.

He eats fruits for breakfast.

He washes his hands before eating.

He cleans up after playing.

After the story, ask:

"What good habits did Tommy follow?"

"Why are these habits important?"

Let students share if they also follow any of these habits.

### **3. Habit Practice - Acting Game (20 Minutes)**

Show pictures of different good habits (brushing teeth, eating fruits, washing hands).

Ask students:

"Which of these habits do you do every day?"

"Can you show us how to do it?" Students will act out different habits while the class guesses which habit it is.

#### **4. Habit Chart Activity (20 Minutes)**

Give each student a simple habit chart with pictures of good habits.

Steps:

1. Students color the habits they already practice.
2. Ask them to choose one new habit they will start tomorrow.
3. They will mark this habit on the chart and share with the class.

Encourage them to take the chart home and check off habits daily.

#### **5. Wrap-Up Discussion (15 Minutes)**

Ask: "What is one good habit you will practice tomorrow?"

Encourage them to share their chosen habit with the class.

Remind them: "Good habits make us strong, healthy, and happy!"

#### **Expected Learning Outcome:**

##### **Knowledge building-**

Students will understand why good habits matter.

They will learn examples of good daily habits.

##### **Skill Building-**

Develop a sense of responsibility for daily habits.

Improve verbal skills by discussing their habits.

Enhance creativity through the habit chart activity.

### **Review Questions/Assessment/Tasks**

Ask: "Can you name three good habits?"

Show a habit flashcard and ask: "What is this person doing?"

Let students act out a habit while others guess.

### **Follow up Tasks**

Encourage students to complete their habit chart at home.

Ask parents to remind children about their chosen habit.

Continue reinforcing good habits in future sessions through reminders and activities.

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