

# Session 21

	<b>Ses sio n 21</b>
<b>Ses sio n Titl e</b>	<b>Goo dby e, Bad Hab it</b>

**Objective**

- Help children understand first hand what bad habits are and why they are

**Topics/  
Concept**

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<b>Material Required</b>	Habit Flashcards Storybook Chart Paper A4 Sheets Sketch Pens & Crayons
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**Methodology**

Storytelling: Engaging students through a relatable story about bad habits.

Discussion: Encouraging children to identify and talk about their habits.

Interactive Games & Role Play :

## **Session Plan 90 Min**

### **Intro Activity**

#### **1. Introduction Activity (20 Min) - Storytime: "The Habit Monster"**

Narrate a simple story about a character who struggles with bad habits.

Ask students questions:

What bad habits did the character have?

Have you seen anyone with these habits?

### **Main Topic/ Activity**

#### **Activity 1: Bad Habits Brainstorm (20 Min)**

Ask children to share common bad habits they know (e.g., not listening, eating too much candy).

Write these habits on chart paper and discuss their effects.

#### **Activity 2: Good Habit Swap (20 Min)**

Show flashcards or pictures of bad habits.

Ask students to suggest a good habit to replace each bad one.

#### **Activity 3: Role Play - "Habit Busters" (20 Min)**

Students act out real-life situations where they replace a bad habit with a good one.

Encourage active participation and problem-solving.

#### **Activity 4: Habit Chart Creation (20 Min)**

Each student will create a simple habit chart:

Bad Habit I Want to Change

Good Habit to Replace It

## **Expected Learning Outcome:**

### **Knowledge building-**

Students will understand what bad habits are and how they affect daily life.

They will learn ways to replace bad habits with good ones.

### **Skill Building-**

Improved decision-making skills.

Development of self-awareness and responsibility.

Review Questions/Assessment/Tasks

Can you name a bad habit and a good habit to replace it?

Why is it important to change bad habits?

What habit will you work on this week?

### **Follow up Tasks**

Students will track their progress at home with parental guidance.

Parental Involvement:

Parents will be encouraged to support their child in practicing good habits.

Classroom Reinforcement:

In the next session, students will share their experiences in changing a habit.

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