





### Steps to Success

Date	Friday 22 <sup>nd</sup> January
Subject/s	PSHE
Learning Objective 	To understand what a habit is

	SA 	TA 	
Success Criteria 	I can explain some of the effects of smoking		
	I can identify reasons not to smoke		
	I can identify misperceptions about smoking		
Support	Independent	Adult Support ( )	Group Work
<b><u>Key vocabulary for the lesson:</u></b>			
habit	discuss	addiction	harmful

What is a habit?

*A habit is something done repeatedly or routinely, often without thinking.*

Here are some questions to think about – there are no right or wrong answers. Jot down some of your ideas.

- What are common habits that people have?
- Why do people develop habits?
- Do people choose habits?
- How can habits make us feel?
- Can habits be harmful?
- Is a habit always bad/harmful? Can habits be helpful?
- How do we know whether a habit is good or not-so-good for us?
- How often do you have to do something for it to become a habit?
- Is there a difference between a habit and an addiction? When does a habit become an addiction?
- Is it possible to change a habit? Give up a habit? Develop 'good' habits?
- What helps people to 'break' a habit?
- Is following a football team/music group/pop star/social media star a habit? Is it an addiction?