





Steps to Success

Lockdown	
Date	Thursday 14 th 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
Key vocabulary for the lesson:			
	habit	discuss	addiction
			harmful

- 1) What is a habit?
- 2) Give a few examples of a habit some people may have.
- 3) What other synonyms can you think of for habit? For example dependent, hooked.
- 4) Can habits be harmful? But why do people still do something that they know is harmful to them? For example Miss Bailey has a habit of drinking monster which is full of sugar and bad for her teeth!

Have a go at answering the questions below. You may choose to answer the questions individually or write a paragraph 'All about habits' that answers them all. You may choose to have a discussion with an adult at home about habits.

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

Definition: A habit is 'something that a person does repeatedly' whereas addiction might be defined as 'an urge to do something that a person may feel hard to control'.

Finish the sentence:

- 'A habit I would like to stop is...'
- 'A habit I would like to start is...'