



SM 4-6 L5 HEALTHY HABITS

Grade: 4-6

Competency Area: Self-Management

Lesson Title: Healthy Habits (Lesson #5)

T-SEL Standard: 2.H.3. Students take an active role in managing their time, activities, and responsibilities.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. **Introduction:** Provide each student with one of the My Healthy Habits Cards. You will need an even number of students so adults may need to participate as well. Instruct students to move around the room and find the student with the matching My Healthy Habit Cards. Once each student has matched up with a partner, have them find a place to sit together.
2. **Drawing Activity: "Healthy Habits"** Explain the activity:
 - Arrange students in pairs.
 - Instruct one student to draw a picture of themselves doing the healthy habit and the other student draw/write on their backpack why that habit is important.
3. **Sharing and Discussion:** Once the drawings are complete, invite each pair of students to the front of the room to share their drawings and ideas with the whole group. After all groups have had a chance to share, facilitate a final discussion using the prompting questions below:
 - What is a good habit you learned from a partner that you might want to try?
 - Why is it important to have good habits?





