

Homeroom Virtual Learning

8th Grade Homeroom

April 21, 2020



Lesson: Habits

Objective/Learning Target:

How to create habits that benefit my life in all aspects.

Poem by John Di Lemme

Click on
the video
to listen to
the poem



H A B I T

A habit is a pattern of behavior you have followed for so long, you don't even think about it anymore.

Helpful habits:

- Being respectful
- Eating healthy food
- Getting enough exercise

Hurtful habits:

- Teasing and bullying
- Thinking negative thoughts
- Feeling inferior





A habit is a pattern of behavior you have followed for so long, you don't even think about it anymore.

What helpful habits do you have that have lead you to be successful at school and at home?





Did you know that research states it takes an average of 21 days to build a new habit! Now let's take time to write out new helpful habits that would benefit you using your old, less than helpful habits.

Example: At school I socialize during class. Changes to: At school I will socialize during passing time and focus on my classwork during class.

School:

- 1.
- 2.
- 3.

Home:

- 1.
- 2.
- 3.

