

Healthy Daily Habits

INTRODUCTION

Strange times call for healthy habits. These are strange times... so let's get to building some healthy habits.

Healthy habits are any actions you regularly take, or thoughts you regularly think, that are good for you.

The absolute BEST way to quiet anxieties and keep stress LOW is to develop habits and routines that promote mental and physical WELL BEING.

This new situation that we're now in TOGETHER is an opportunity to discover our best, strongest mental and physical selves... and it starts with creating good habits.

QUESTIONS TO ASK THE STUDENTS:

- What are some healthy habits you do daily?
- What stops you from doing healthy things every day?
- How do you feel after you do something healthy or good for you?
- How do you feel after you do something unhealthy that you know isn't good for you?
- Who in your life helps motivate you to do stuff that's healthy?
- Are there any unhealthy habits (that you're willing to share) that you want to replace with healthy habits?
- Is there anyone in your life that's a good role model for "living healthy?"

SUGGESTIONS FOR STUDENTS:

- Set your alarm clock (and get out of bed after it rings)
- Brush your teeth
- Wash and get dressed for the day (even though you may not be leaving the house... it's good for the spirit)
- Eat something (preferably something healthy like fruit) for breakfast
- Create a space to do schoolwork, and keep that space clean and organized
- Designate specific times each day to do schoolwork
- Designate specific times each day to exercise and stretch

- Designate specific times each day to shut off all technology and be creative and/or quiet... with a book, drawing or painting, writing stories or poems, meditating to sounds of nature, playing a musical instrument, writing letters to friends and family who live far away
- Designate specific and limited time each day to watch TV and/or movies and do your social media stuff
- Take 10 deep breaths and focus on the exhale EVERY TIME you notice your mind going in a negative direction
- Replace thoughts like “I can’t do this” with thoughts like “this is hard, but I can do this”
- Do squats or pushups or leg raises while you’re watching TV or a movie
- Do chores to help out your family every day
- Bathe every day and keep your hygiene strong
- Ask your family members.... “how are you doing today?”
- Ask your family members for some time to talk about how you’re doing

SEL LESSON SUMMARY

And lastly, one of the absolute BEST things you can do for your mental and physical self is to write down ALL of the healthy habits you want to do every day, and put this list or schedule someplace you’ll see often.

Then, all that’s left... is to do the stuff that’s good for you that will make you feel WAY better about everything.

Remember... this is just a temporary weird moment in all our lives, but by creating healthy habits during this time, we’re setting ourselves up for the futures we’ve always wanted.

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