HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

**BAAAD HABITS**

**DESCRIPTION:** Every day is filled with decisions that affect our health. Some choices might seem healthy, but just might surprise us. In this participatory game show-like video, HTY teaching artist Ms. Elizabeth challenges students to decide – which are healthy choices and which might be Baaad Habits!

**GRADE LEVEL FOCUS:** 3-5

**SEL FOCUS:** Decision-making Skills
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
NHES.5.5.4 Predict the potential outcomes of each option when making a health-related decision.
NHES.5.5.5 Choose a healthy option when making a decision.

**ACTIVITY:** Ms. Elizabeth, Mr. Jonathan, Ms. Lily and Ms. Clara demonstrate a wide variety of activities and choices that could be healthy choices or might be bad habits. Students work in small teams to divide the activities into two lists: The Healthy Habits and the potentially Bad Habits. For ‘extra bonus points,’ teams discuss what’s the difference between the two lists.

**TO PREPARE,** please:
- Preview the video before sharing it with your students to best help you introduce the activity.
- Divide students into small groups, making sure each has paper and pencil.
- Inform students that they will be challenged to make lists about Healthy and Bad habits while watching the video.