



Social Emotion Learning and Drama

A creative approach to building school and life skills

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.



5 min video plus time for participation