

The background features a row of five analog clocks at the top, each with a different time. Below them is a row of food and drink items: a green and blue reusable cup, a blue bowl with a spoon, a blue burger, a blue bottle, a green bowl with a spoon, and a blue ice cream cone. The text is centered over the middle of these items.

Grade 8 Wellness Inquiry: Habits and Routines



Inquiry Building Blocks

Your inquiry into habits and routines will be organized into blocks of time. We suggest that the blue blocks could guide synchronous learning time, while the green block could be completed by students independently during asynchronous time. Or could be considered as a potential follow up lesson. These suggestions are subject to teacher professional judgement, based on the stamina and skills of the students. Also, please consider employing high yield strategies such as think alouds, class discussion, and demonstration writing, as needed, throughout the inquiry process.

First,



Read or View or Listen

You will read, view, and/or listen to a variety of rich texts on the topics of habits and routines.

Next.



Write about it
or



Record it

You will have the opportunity to share your voice and perspective in a variety of ways.

Then,



Share it with your teacher

You will use the prescribed learning platform to share your written or recorded response.

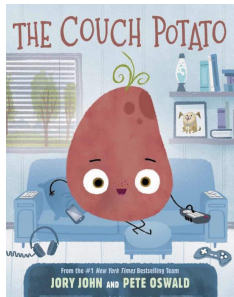
Deepening Understanding- Explore the resources shared in this space to deepen your understanding.

Lesson 1 Overview - What are Habits?

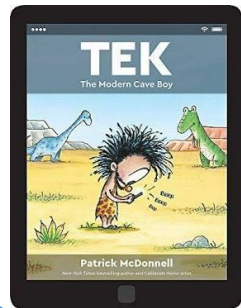
First,



Read or View or Listen



The Couch Potato
by Jory John and
Pete Oswald



TEK the Modern Cave Boy
by Jory by Patrick
McDonnell

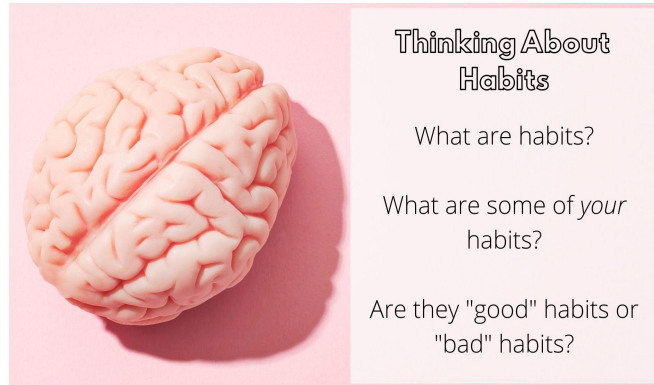
Next,



Write about it
or



Record it



Then,



Share it with your teacher

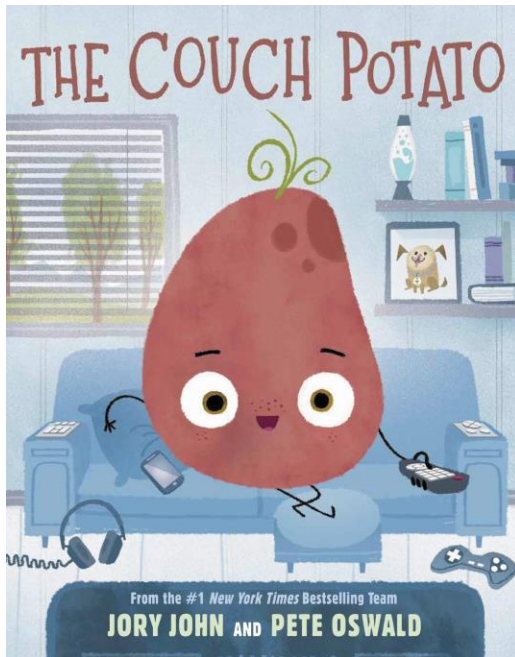
Use your learning platform
to share your
writing/recording.

Deepening Understanding-

Independently explore the resources shared in this space to deepen your understanding.

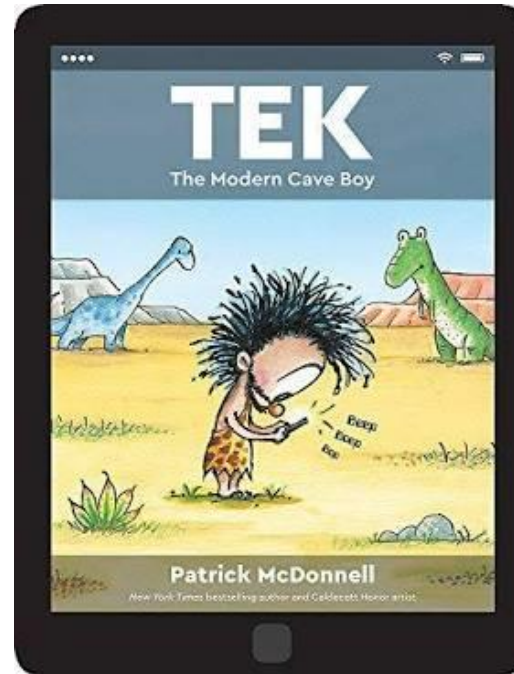
First

Read



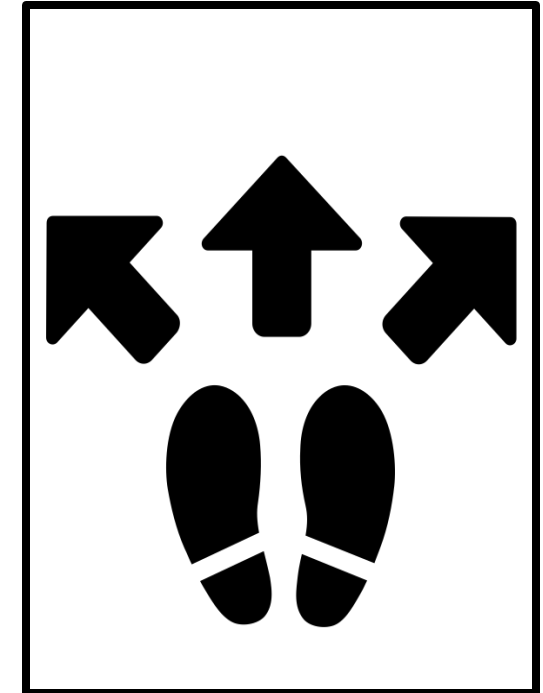
or

View



<https://youtu.be/jErvP4XfS8A>

Choose



Select a text (podcast, article, video) that discusses the topic of habits.

Read, view or listen to one of the above texts to explore the topic of habits.

Next -

Write



or record



your thoughts on the writing prompt below.



Thinking About Habits

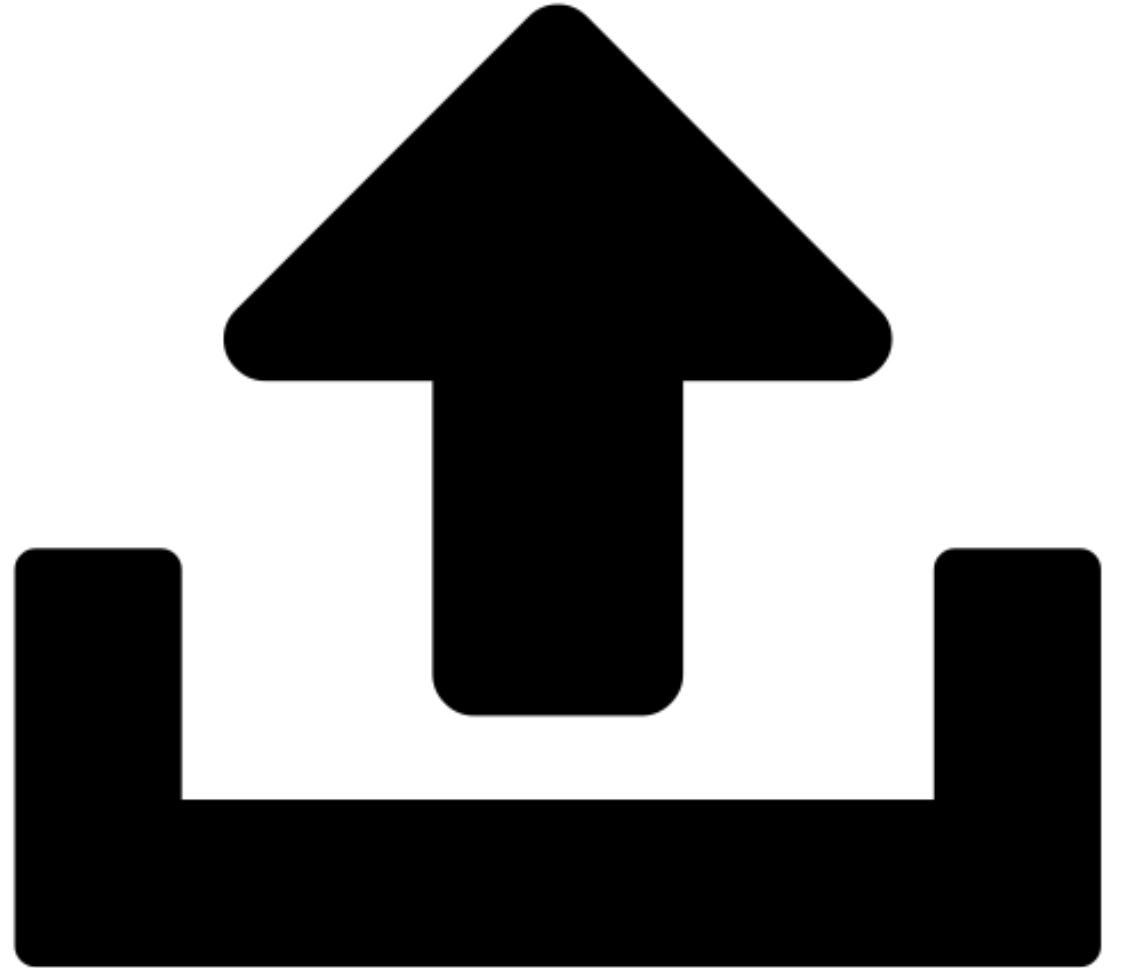
What are habits?

What are some of *your*
habits?

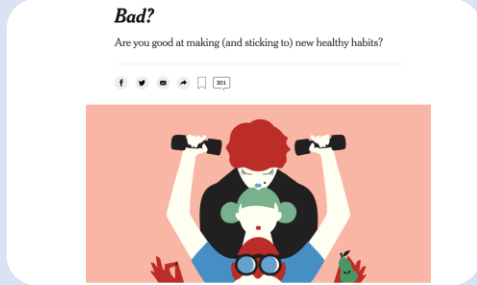
Are they "good" habits or
"bad" habits?

Then,

Use your learning platform to share your writing/recording with your teacher.

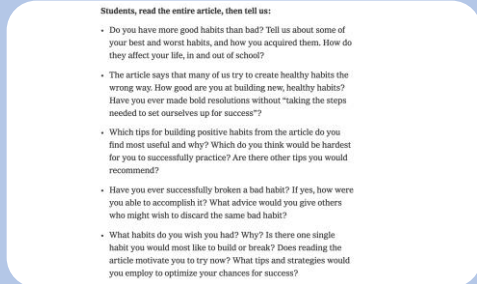


Want to deepen your understanding?



Read

- Read this New York Times article on habits: ***“Do You Have More Good Habits Than Bad?”*** by Jeremy Engle <https://www.nytimes.com/2020/02/26/learning/do-you-have-more-good-habits-than-bad.html?searchResultPosition=7>



Write

- After your read the article, scroll to the bottom of the page. Survey the prompts listed there. Select one of the prompts to write or respond to.



Speak/Listen

- Interview a family member or friend. Share what you’ve learned about routines and ask them about their routines.

Lesson 2 Overview: What are Routines?

First,



Read or **View** or Listen



Next,

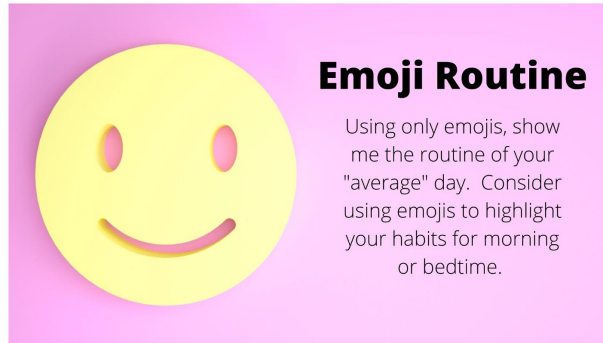


Write about it

or



Record it



Then,



Share it with your teacher

Use your learning platform
to share your
writing/recording.

Deepening Understanding-

Independently explore the resources shared in this space to deepen your understanding.

First,

As you view this video, write down three new or interesting facts you learn about routines.



<https://youtu.be/vN1aRN5bQQ0>

Next,



Write or



record your thoughts on the writing prompt below.



Emoji Routine

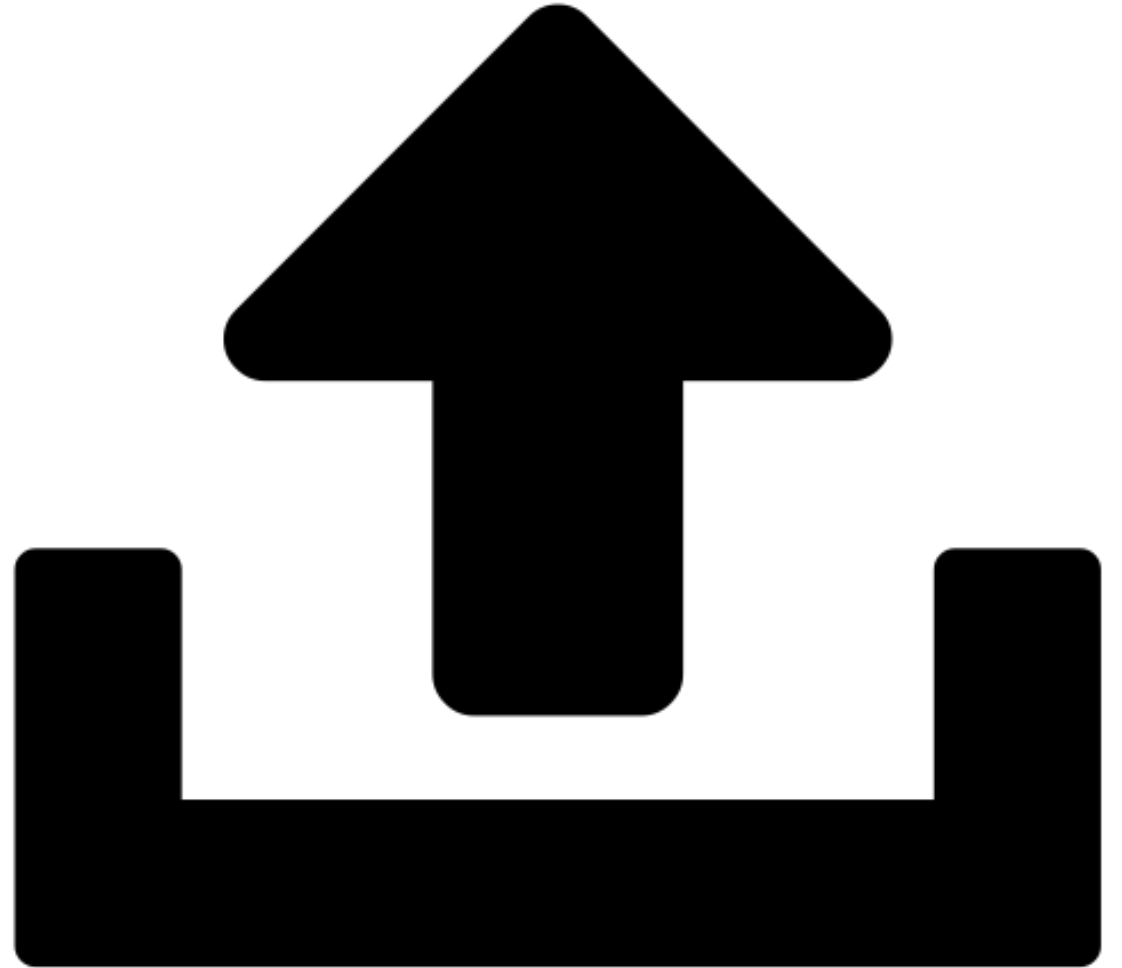
Using only emojis, show me the routine of your "average" day. Consider using emojis to highlight your habits for morning or bedtime.

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Then,

Use your learning platform to share your writing/recording with your teacher.



Want to deepen your understanding?



Read

- Read this New York Times article on routines: “***Do You Wish You Had a Different Morning routine?***” by Michael Gonchar
<https://www.nytimes.com/2018/10/23/learning/do-you-wish-you-had-a-different-morning-routine.html?searchResultPosition=2>

— How does a typical school day start for you, from the moment you wake up?

— How satisfied are you with your morning routine? Do you wish you had a different one? And if you could do your weekday mornings differently, what would morning look like in your ideal world?

— Did you find any of the advice in the article to be helpful? For example, experimenting with different wake-up times or getting enough sleep? What tips might you try?

— Do those mornings represent what you wish every morning was like? Why, or why not?

Write

- After you read the article, scroll to the bottom of the page. Survey the prompts listed there. Select one of the prompts to write or respond to.



Speak/Listen

- Interview a family member or friend. Share what you’ve learned about habits and ask them about their habits.

Lesson 3 Overview: 30 Day Habit Tracking

First,



Read or **View** or Listen



Next,

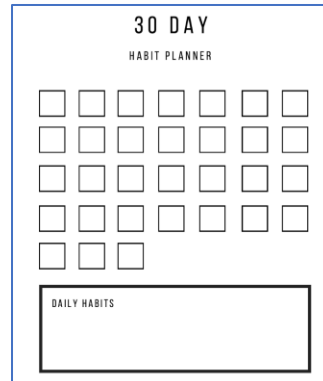


Write about it

or



Record it



Then,



Share it with your teacher

Use your learning platform
to share your
writing/recording.

Deepening Understanding-

Independently explore the resources shared in this space to deepen your understanding.

First,

As you watch the video, brainstorm some habits you'd like to include in your routine for the next 30 days.

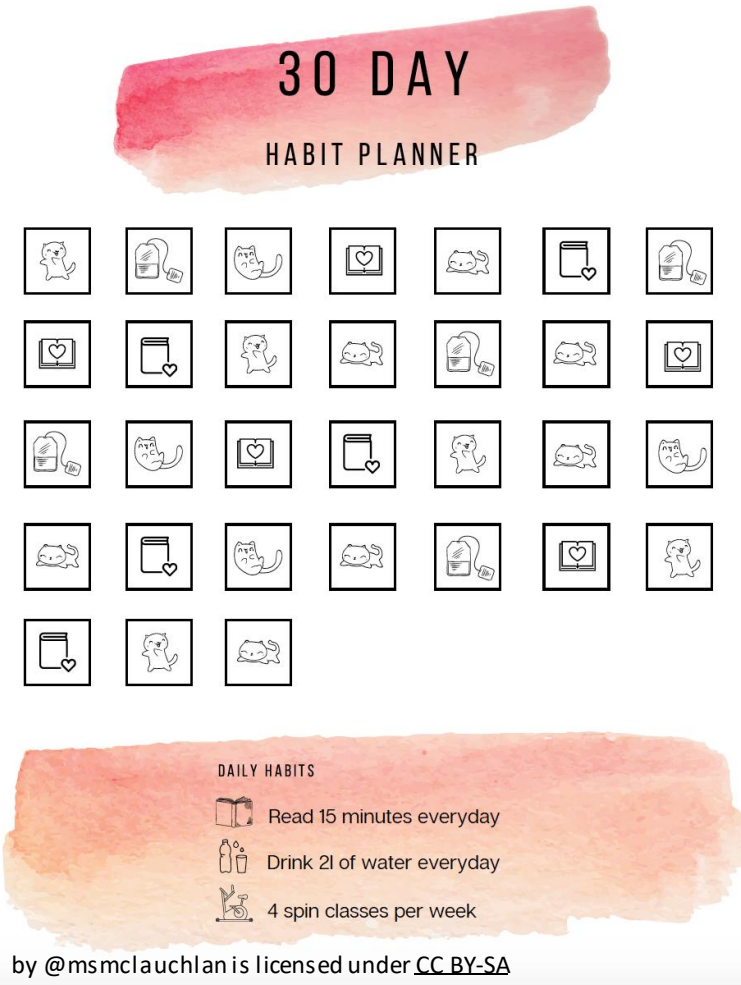


<https://youtu.be/UNP03fDSj1U>

Next,

Design Your Own 30 Day Habit Tracker

- Select 3-4 habits you hope to add to your daily routine.
- Design your habit tracker to reflect your personality, goals and things that bring you joy.
- Consider incorporating "addition/more of" habits or "subtraction/ less" of habits.



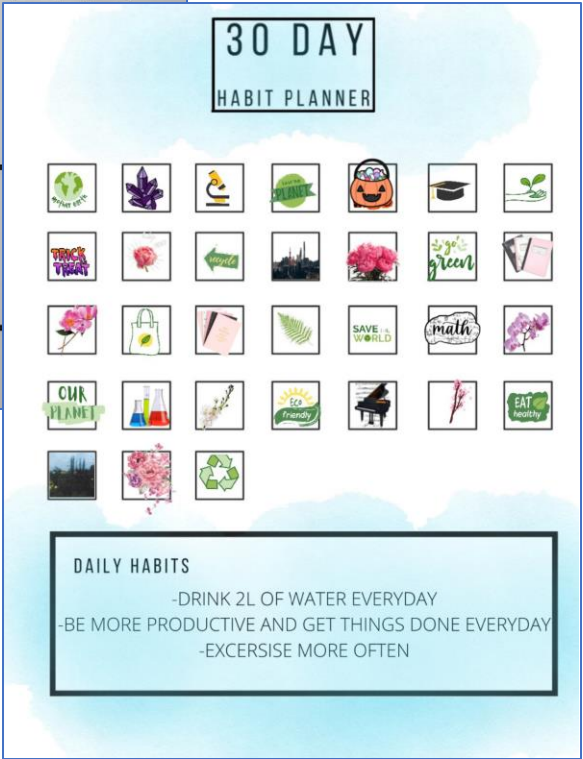
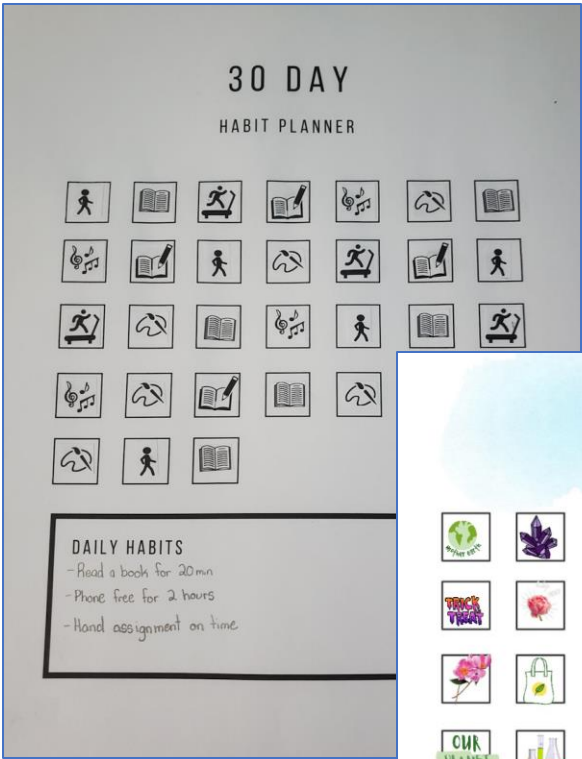
Template:

30 DAY

HABIT PLANNER

DAILY HABITS

Student Exemplars:



30 Day Habit Tracker

Demonstration

On this slide, teachers will use this blank template to model their thinking and writing with their students. Consider share your screen while you write, using a whiteboard or poster paper. While you write, share your thinking with your students



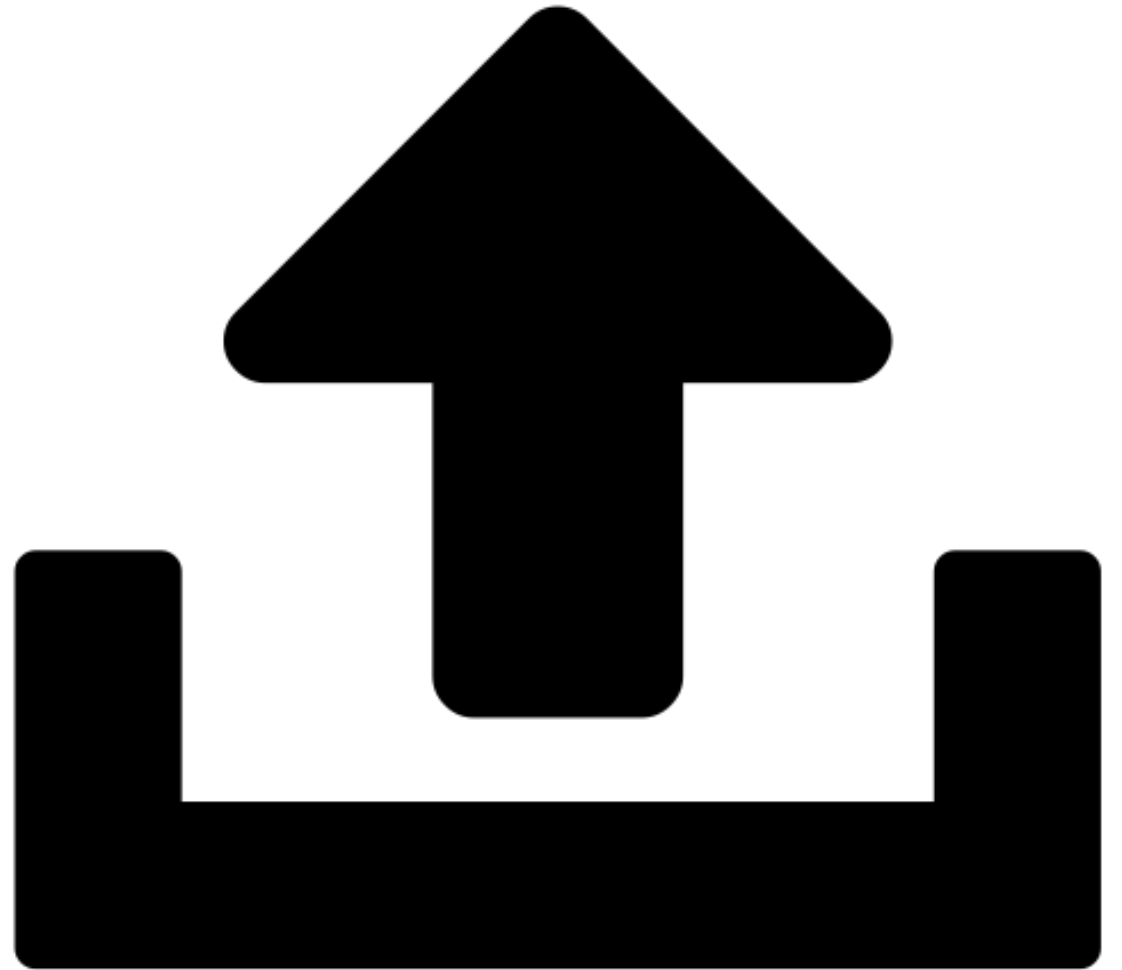
30 DAY

HABIT PLANNER

DAILY HABITS

Then,

Use your learning platform to share your writing/recording with your teacher.



Want to deepen your understanding?

Challenge

A 28-day plan to nourish your body, mind and spirit, one daily challenge at a time.

WEEK 1



DAY 1 | REFRESH
Coffee or Tea Meditation



DAY 2 | MOVE
Organize Your Fitness Habit

Read

- Read this New York Times piece on healthy habit challenges: <https://www.nytimes.com/programs/healthy-habits-challenge>



Speak/Listen

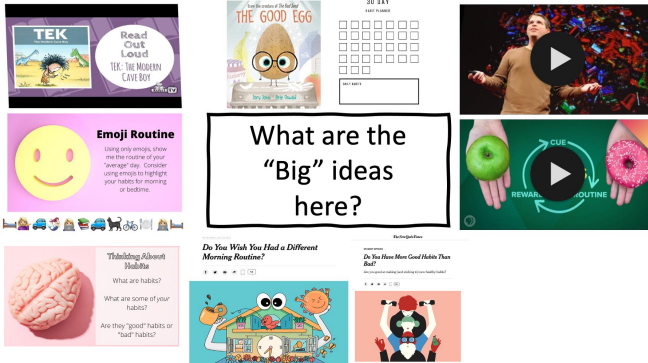
- Interview a family member or friend. Share your plans for your 30-Day Habit Tracker. Ask them to share with you habits that they might like to add or remove from their daily routine.

Lesson 4 Overview: Exploring the Big Ideas

First,



Read or **View** or Listen



Next,



Write about it

or



Record it

Important words about the topic of habits and routines	
A quote, image, symbol, or color that represents a big idea in one of the texts we have read, view or watched on the topic of habits and routines	An explanation as to why you selected this quote, image, symbol, word, or color and how it connects to a big idea on the topic of habits and routines
A quote, image, symbol or color that represents a big idea in a second text we have read, view or watched on the topic of habits and routines	An explanation as to why you selected this quote, image, symbol, word, or color and how it connects to a big idea on the topic of habits and routines
A quote, image, symbol or color that represents a big idea in a third text we have read, view or watched on the topic of habits and routines	An explanation as to why you selected this quote, image, symbol, word, or color and how it connects to a big idea on the topic of habits and routines
A quote, image, symbol or color that represents a big idea in a fourth text we have read, view or watched on the topic of habits and routines	An explanation as to why you selected this quote, image, symbol, word, or color and how it connects to a big idea on the topic of habits and routines

Then,



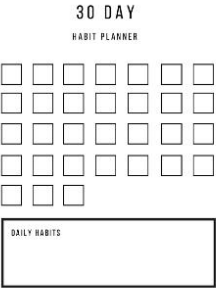
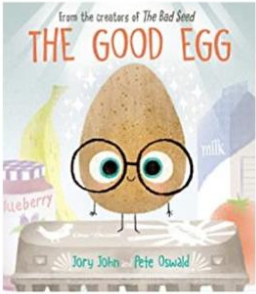
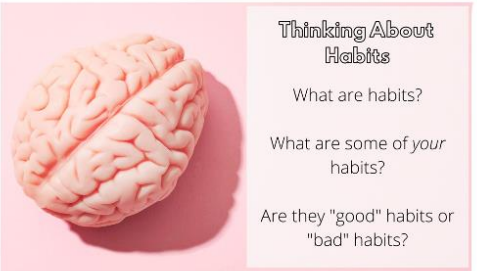
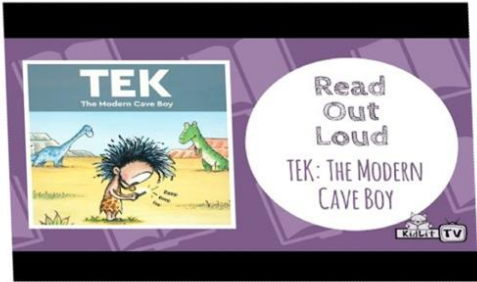
Share it with your teacher

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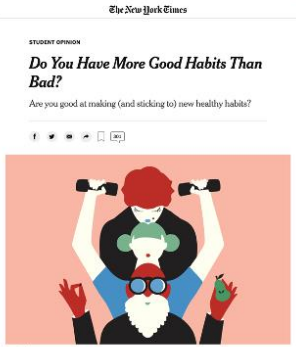
First,

As you think back to the various texts we have read, view or watched, what are some of the big ideas that have emerged?

Write the down on a piece of paper.



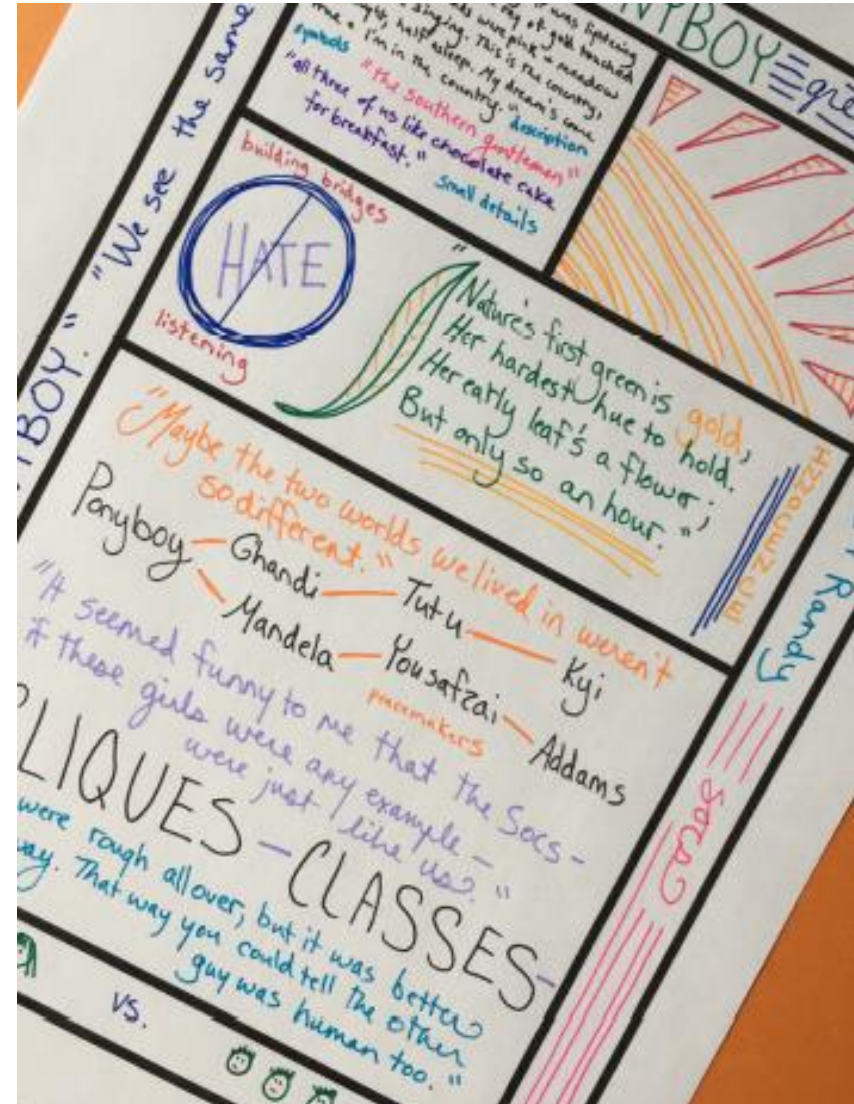
What are the “Big” ideas here?



Next,

One Pagers

- A one-pager is a way to visually share key ideas and information from what you have learned.
- When you create a one pager, you are trying to use both visual symbols and words to clearly and concisely share your most important take-aways with someone else.
- Create a one pager that reflects your “big ideas” on the topic of habits and routines.
- When creating your one pager, provide examples from the articles, videos, stories and writing prompts you have encountered in these slides



Instructions

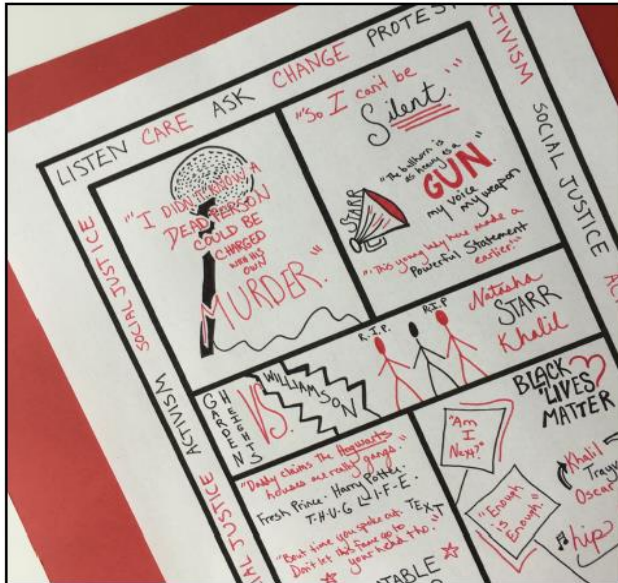
Important words about the topic of habits and routines	
A quote, image, symbol, or color that represents a big idea in one of the texts we have read, view or watched on the topic of habits and routines	An explanation as to why you selected this quote, image, symbol, word, or color and how it connects to a big idea on the topic of habits and routines
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Important words about the topic of habits and routines	

Template

One-Pager

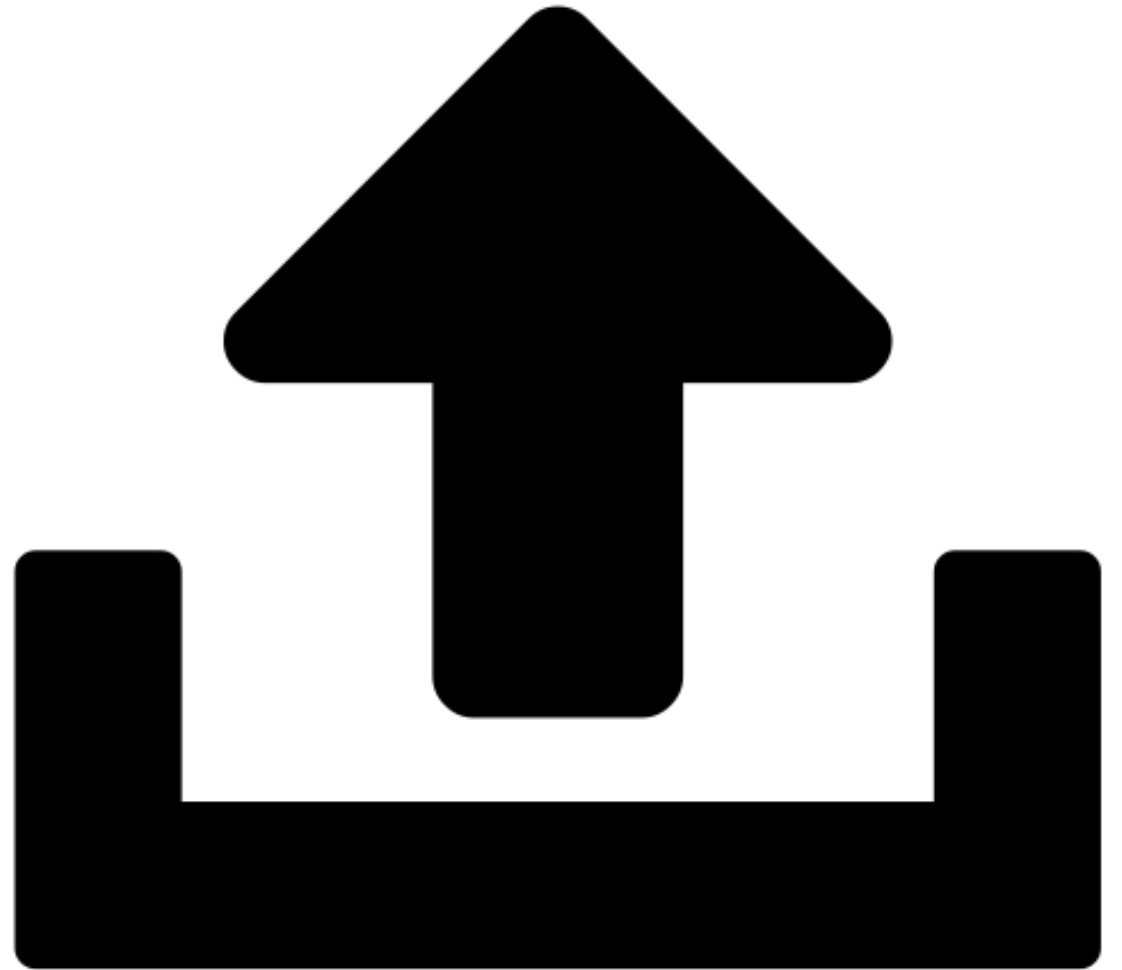
Demonstration

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Then,

Use your learning platform to share your writing/recording with your teacher.



Clickable Links- by Slide

Slide 4- read aloud video of “**TEK the Modern Caveboy**” <https://youtu.be/jErvP4XfS8A>

Slide 7- New York Times article “***Do You Have More Good Habits Than Bad?***” by Jeremy Engle
<https://www.nytimes.com/2020/02/26/learning/do-you-have-more-good-habits-than-bad.html?searchResultPosition=7>

Slide 9- “How Habits Change Your Brain” video <https://youtu.be/vN1aRN5bQQ0>

Slide 12- New York Times article “***Do You Wish You Had a Different Morning routine?***” by Michael Gonchar
<https://www.nytimes.com/2018/10/23/learning/do-you-wish-you-had-a-different-morning-routine.html?searchResultPosition=2>

Slide 14- “**Try Something New for 30 Days by Matt Cutts**” video <https://youtu.be/UNP03fDSj1U>

Slide 18- New York Times piece on healthy habit challenges:
<https://www.nytimes.com/programs/healthy-habits-challenge>

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