



1:00-1:05	What is a habit
1:05-1:10	Creating positive healthy habits
1:10-1:20	Habit chaining activity
1:20-1:30	Block activity

Supplies

[Container of blocks](#) (1 set)

1:00-1:05: What Is Habit

SAY: A habit is something that you do over and over again, without thinking about it or realizing you are doing it.

Some examples of habits include:

- Tying your shoes
- Walking
- Taking a shower

ACTIVITY: Ask athletes to provide examples of other habits.

SAY: Not having to think about doing these kinds of things frees up our brains to concentrate on more important things, like following directions or deciding what to eat.

1:05-1:10: Creating Positive Healthy Habits

SAY: Habits are very hard to stop doing, especially unhealthy habits like:

- Smoking
- Biting your nails
- Drinking soda

ACTIVITY: Ask athletes to share if they have any unhealthy habits that they have broken, and what they did to break these habits.

SAY: Building positive, healthy habits is one of the best things you can do to take care of your body and mind.

Some examples of healthy habits include:

- Brushing your teeth before bed
- Eating breakfast every morning
- Going for a walk after dinner

ACTIVITY: Ask the athletes to share any healthy habits that they are doing.

1:10-1:20: Habit Chaining Activity

SAY: One of the best ways to build a new healthy habit is to add it, or “chain” it, to something that you already do every day.

Some examples of habit chaining include:

- “Every time I brush my teeth, I will stand on one leg for 30 seconds on each side.”
- “Every time I eat dinner, I will take a 20-minute walk after.”
- “Every time I go to bed, I will leave my phone in another room.”

ACTIVITY: Ask the athletes to think about a healthy habit that they want to work on. Have them “chain” it to a habit they are already doing.

“Every time I _____, I will _____.”

SAY: It takes 2 months for something to become a habit, which sounds like a very long time. Don’t be discouraged! Take it one day at a time, and before you know it, you’ll be doing it without thinking about it.

1:20-1:30: Block Activity

SAY: If want to make a lot of healthy changes, should you try doing all of your new healthy habits at once? Let’s see what happens when you try.

Activity:

1. Put multiple sizes, shapes, colors of blocks, and 1 container to put them in on a table.
Say:
 - Each of these blocks is a healthy habit you want to start
 - The container is you/your life
2. Ask for an athlete volunteer to try to pick all of the blocks up at once and put them into the container at the same time.
Say:
 - If you try to put too many blocks, or habits, into the container at the same time, you overwhelm the container, drop a bunch of the blocks, fail at your task.
3. Ask each athlete to take 1 block and name their block with a healthy habit. (example: sleeping 30 min more a night, drinking 2 cups more water a day, eating 1 vegetable at dinner, not smoking, etc.).
4. Have them each athlete place their block in the bin, one at a time.
Say:
 - If you focus on one healthy change at a time, you can avoid being too overwhelmed by all of changes happening so fast. Before you know it, the container is filled!

SAY: You want to start small with one new healthy habit, and work on it. Then, over time (2 - 4 weeks), add another.