

## Healthy and Happy Habit Homework Menu

Week	Habit Choice	Skills
1	<p>Make a list of ideas of things you can do when you are bored. Keep the list and add to it as you get a new idea.</p> <p style="text-align: center;">OR</p> <p>Make a calendar for the week, list all the fruits and vegetables that you eat each meal, each day, and total. You should have 5 servings a day. Did you meet this weekly requirement.</p>	<p>Be Proactive</p> <p>Fruits/ Veggies Eating Choices Graph and analyze</p>
2	<p>Try laying out your clothes every night before you go to bed. At the end of the week, write a summary paragraph. Did this help your week go smoother? Could you tell any difference? Is this a helpful habit, why or why not?</p> <p style="text-align: center;">OR</p> <p>Make a calendar for the week, set a goal for one outdoor activity per day. Log your activity and the amount of time you were outside. Hint: You can not repeat the same activity. Write about your favorite activity? Also, stop to reflect, did you sleep better this week with all the outdoor activity?</p>	<p>Begin with the End in Mind</p> <p>Goal setting, calculating cumulative time, justification of reflection</p>
3	<p>Pick a chore or task that you have not been asked to do. Do it before you are asked. See if your parents or guardian noticed? Write about your choice of task.</p> <p style="text-align: center;">OR</p> <p>Try choosing milk, water, or juice each meal and snack. See if you can be successful giving up tea or soda. Graph your drinks for the week. Count the number of drinks that you were able to make the desired selections and count the number of drinks that were the targets to stay away from. How did you do?</p>	<p>Put First Things First</p> <p>Graphing, healthy drink choices</p>
4	<p>Make a "wish poster". Start by drawing a line down the middle. On one side, write, cut and paste magazine pictures of things you want. On the other side, cut, paste, or write the items your parents want. Together, look at your "wish poster". See how you can work with each other to make both your wishes and your parents' wishes come true.</p> <p style="text-align: center;">OR</p> <p>If you have 2 – 3 servings of dairy a day, do you make healthy choices to do this? Dairy items include, cheese, cream cheese, milk, yogurt, ice cream, etc. Track your food choices for a week. Determine the number of dairy items you have a week.</p>	<p>Think Win-Win</p> <p>Dairy servings Classifications Graphing Adding/multiplication</p>
5	<p>Do you think you can go an hour without talking? Set a goal to try just that. Set a clock or a watch. Try your best to do so. Just watch the people around you and listen to what they are saying. At the end of the hour, summarize how you did?</p> <p style="text-align: center;">OR</p> <p>Take a break. Take a moment for you head to bed to take a "strategic pause" – Take a sip of water, stretch and look at a light, breath in and think of something happy. Record your efforts. A smiley face if you remembered and a frowny face, if you didn't. Get your parents to do it with you if you can.</p>	<p>See First to Understand, Then to be Understood</p> <p>Tracking success and goals</p>
6	<p>Write down three things you are really good at. Pick two more people and write down things they are really good at. Do you have any of the same things in common? Pick one thing you would like to learn from the other two people you wrote down. Tell why?</p> <p style="text-align: center;">OR</p> <p>Find a place in your home, outside, or nearby that you think is restful. Sit there for 5 minutes each day. Time yourself and journal your thoughts. Did you think about things that have already happened or things you hope will happen in the future? Both?</p>	<p>Synergize</p> <p>Mind rest Self reflection</p>

7	<p>Pick one day this week to play with someone you never play with or haven't played with in a long time. Write about who you played with, what you did, and how you got along with them.</p> <p>OR</p> <p>When having lunch at school or packing your lunch, try a fruit or a vegetable that you would not normally take. Even if you only try a bite, write about your impression of the food.</p>	<p>Sharpen the Saw</p> <p>Self reflection</p>
8	<p>Have you learned the "Leader in Me" song? Can you sing it for your parents? Write down what the 7 habits are and share with your parents. Get them to sign the list.</p> <p>OR</p> <p>Ask your parents if you can plan a family night this week. You will be in charge of planning a healthy meal and choosing a game for the family to play. Write about your family game night.</p>	<p>Check point on the habits</p> <p>Meal planning Alternative to family time</p>
9	<p>Time to do some self reflection, write about the last time you got mad or upset and said something mean or rude. Write a different ending about what you could have said or done.</p> <p>Or</p> <p>Make a calendar for the week, log the time you go to bed and wake up each night. Determine the amount of sleep you get each night. If you should have at least 7 hours a night, did you meet that suggestion?</p>	<p>Be Proactive</p> <p>Sleep patterns Compile data</p>
10	<p>You just finished your first quarter of the year. It is time to reflect about your personal goal setting. Summarize how you did. Determine your goals for your next quarter and tell how you hope to meet them.</p> <p>OR</p> <p>Pick 6 items from your pantry. Create a graph that will compare the following information of the items. Calories, Fat Grams, Carbohydrates, and Proteins. What data facts can you make about your items?</p>	<p>Begin with the End in Mind</p> <p>Graphing Data analysis</p>
11	<p>What does "procrastination" mean? What is something that you procrastinate about? Why do you do that? What can you do to turn that choice around?</p> <p>OR</p> <p>Can you give up video games for a week? Make a chart for the week. List the activities you did instead of playing video games. Count the number of activities that you did indoors and the number you did outdoors. Can you turn those into fractions?</p>	<p>Put First Things First</p> <p>Alternate activity selections Fractions</p>
12	<p>Try to go one whole day without sulking, pouting, or feeling sorry for yourself. Were you able to do it? Why or why not? What did you get upset about. What could you do to make it a win-win situation?</p> <p>OR</p> <p>How many minutes a week do you think you brush your teeth? Make a prediction, write it down. Keep a teeth brushing chart for the week. Time yourself. At the end of the week, check your predictions. Did you brush your teeth as long as you thought you did?</p>	<p>Think win-win</p> <p>Dental Care</p>
13	<p>Complete a T-chart, what makes a bad team mate – what makes a good team mate? What kind of team mate do you think you are and why?</p> <p>OR</p> <p>Make a calendar chart. Keep a log of all the "bread or grains" you eat each week. Research the number of suggested servings one should have per day. Did you fit that requirement in one week?</p>	<p>Synergize</p> <p>Bread and grain Research question Computation</p>
14	<p>Make a chart for a week. Depict the following task jobs as part of the chore list. Clean your room, brush your teeth, do your homework, make your bed, and help with the dishes. Give yourself a check for each item completed and an "x" for each item you did not. At the end of the week, talk to your parents about what how you did with your jobs. Have them write an evaluation for you.</p>	<p>Put First Things First</p>

	<p>OR</p> <p>If you only have 30 minutes of tv a day, what other things could you do with your free time? Try for one week to do just that, journal your decisions.</p>	Journal writing
15	<p>The next time one of your friends is sad, notice her eyes or the way he holds his body. Tell them you know they are sad and you want to help. Write how you tried to help your friend.</p> <p>OR</p> <p>Do you have a sweet tooth? Can you give up all sweets for a week? Make a week graph. Smiley face if you go a day without candy or sweets. Frowny face, if you didn't. See if you can reach your goal for a week.</p>	<p>Seek First to Understand, Then to Be Understood</p> <p>Graphing</p>
16		
17	<p>Write a statement as to what you want to be when you grow up, listing three reasons why. Also list the skills you think you might need to do that job. Share this with your parents and have them sign.</p> <p>OR</p> <p>Get a timer. Set it for 5 minutes. Count how many steps you make in that time span. Complete the same task, each day for a week. Set a goal to beat the previous day's step record. Graph your results. Did you beat your total each day.</p>	<p>Begin with the end in mind</p> <p>Movement, goal setting, time application, graphing</p>
18	<p>Pick your favorite habit. Tell why it is your favorite. Share with your parent and have them to sign.</p> <p>OR</p> <p>This is a week of favorites – Pick your favorites and list them for each category (veggies, fruit, meats, dairy, grains)</p>	<p>Verbalize your thoughts and understanding</p> <p>Classification</p>
19	<p>Think of someone in your life who you think is a good listener. Your grandparent, your parent, your friend, your teacher???? Write about what makes them a good listener?</p> <p>OR</p> <p>Pick a favorite exercise (jumping jacks, sit ups, jogging, skipping) Set the clock and do the exercises for 5 minutes a day. Journal what you did each day and how many. Did you reach your goal each day?</p>	<p>Seek First to Understand, Then to Be understood</p> <p>Goal setting Exercise choice</p>
20	<p>We all have something we need to get better at, like doing homework, brushing our teeth at night, or cleaning our room. Pick one thing you need to do better. Try your best to work on that one thing all week. Write a summary of how your did with your improvement habit.</p> <p>OR</p> <p>If water hydrates the brain, how hydrated is your brain? Graph your choices of drinks for a week. 5 – 7 glasses a day, a smiley face. 2-4 glasses a day, a straight face. 0-1 glasses a day, a frowny face.</p>	<p>Begin with the End in Mind</p> <p>Water consumption graphing</p>

Weeks 21 – 40 will be repeated and they can pick the one they did not pick previously. The other 6 weeks are short weeks and there doesn't need to be a healthy or happy habit those weeks.