**INTERMEDIATE Lesson Plan on Bad Habits: Warm-up (Pair Work)**

1. What are some things that you like to do every day?
2. What are some things that you should do every day that you don’t always?
3. You are about to read an article about bad habits. With a partner, try to guess some of the bad habits that will be discussed in the article. Write down your ideas.
4. What’s the best way to break a bad habit?

**Reading: Bad Habits to Break to Improve Our Lives**

1. When things don’t happen as we planned them to, we make excuses. We find convenient ways to justify why we *couldn’t* or *wouldn’t* do something. Stubbornly, we put off our plans and believe that tomorrow is more convenient than today. These excuses waste time and prevent us from making progress.

2. Interconnectivity distracts us from doing tasks efficiently. The internet is full of shallow content designed to get our attention. After losing our attention, research by professor Gloria Mark says it takes 23 minutes and 15 seconds to completely return to a task. To focus on our work, we need to put away our devices. Also, people may say they are great at multitasking, but [research](https://www.psychologytoday.com/ca/blog/brain-trust/201202/is-your-brain-multitasking) shows that 98% of us cannot do it well.

3. We often believe that saying ‘No’ is impolite or unfriendly, so we say ‘Yes’ to everything. This can negatively affect our own personal time and happiness.

4. With the rise of social media, it has become much easier to compare ourselves to others. We often compare ourselves to images of other people’s lives that may not reflect reality. This can make us discontent.

5. Our minds are full of useless comments and judgements. When we let these inner voices control our lives, we overlook the beauty of the present moment.

[Sources: https://medium.com/personal-growth/bad-habits-you-must-break-immediately-to-build-a-successful-life-in-2018-ca7268ebc236, https://curtismchale.ca/2016/06/30/shallow-thinking-harms-productivity-learning/, some original content]

**Bad Habits Lesson Plan: Comprehension & Follow-up Questions**

1. What does research say about multitasking?
2. According to the reading, how can social media make us unhappy?
3. **True or False**: The article states that we need to listen to our inner voices more.
4. Review the list. In the margin beside each point, write “*That’s me / Somewhat me / Not me*” based on how much the bad habit relates to your life. Afterwards, discuss your answers with a partner or classmates.
5. Do you agree with the points of the article? What points do you think are missing from the list?

**Vocabulary: Match** the words with their meaning as used in the article.

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| 1. justify (v) 2. stubbornly (adv) 3. put off (phrasal verb) 4. distract (v) 5. shallow (adj) 6. multitasking (n) 7. reflect (n) 8. discontent adj) 9. overlook | 1. not deep, without depth 2. the act of doing several tasks at once 3. in a way that shows we don’t want to change 4. make someone lose their attention/focus 5. miss or not see something 6. unhappy 7. delay, to move something to a later date 8. give a reason for something 9. show, represent |

**Vocabulary Homework:** Circle the words that were new for you. Add them to your vocabulary notebook and make sentences for homework.

**Habits Lesson Plan: Five Good Habits (Group Work)**

The article does not talk about good habits. Think about the following categories:

* good habits for studying and school success
* good habits for career success
* good habits for physical and mental health
* good habits for happiness in life

**Option 1**: Each group should pick one category above and spend five minutes creating a list of five good habits together. When finished, students should present their list to the class. –or—

**Option 2:** Each group can create a general list of five good habits related to any category. When finished, students present their list to the class.

**ESL Lesson Plan:** Famous Quotes on Habits (Group Work)

Discuss the below quotes. When finished, add your own quote.

* *“Good habits formed at youth make all the difference.”* – Aristotle
* *“Some rules are nothing but old habits that people are afraid to change.”* – Therese Fowler
* *“Happiness is a habit—cultivate (grow) it.”* – Elbert Hubbard
* *“Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worse habit you could possibly have.”* – Dale Carnegie
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**Bad Habits Lesson Plan: Discussion Questions**

1. The article says that smartphones make people less productive. Is this true for personal life? What about the workplace?
2. What are some ways that we can use to ‘say no’ politely?
3. Does social media really make us unhappy? Do you get benefits from its use?
4. How does our culture change how we view good or bad habits? If you have lived in another culture, what ‘good’ or ‘bad’ behaviours are viewed differently there?

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