

HEALTHY

UNHEALTHY

VS

HABITS ACTIVITY

This activity can be undertaken with at least two people, ideally three or more. One person from the group should be elected as a leader.

In this activity we are exploring healthy and unhealthy habits. To start off, we include a few definitions to clarify what a habit is:

A healthy habit is defined as something routine with a positive impact on your general wellbeing.

An unhealthy habit is defined as something routine with a negative impact on your general wellbeing.

To start off, all members need to pick up pen and paper, works best with sticky notes.

Write down three of your own healthy habits and three of your own unhealthy habits in separate papers and put them all in the middle.

The leader of the activity should mix the papers and start taking out a note at a time.

The group then discusses the habit mentioned in the paper, if it is healthy or unhealthy and why. If the habit is deemed healthy, discuss how people can get into doing it actively. If it is deemed unhealthy, discuss ways to let go of it.

Discussion can continue until all notes are out or until the participants are all satisfied.

The goal of this activity is help people understand their habits and what can they do about them to improve their wellbeing.

If needed to be done digital, use a white screen in the virtual group and let all the participants write on it. Then discuss what is written in the white screen.