# MindMaster – Unit 1, Lesson 4

## At-Home Reflection Activity: “Habits and Learning”

**Instructions for Parent/Guardian:**  
This activity helps your child think about habits—things we do again and again, often without noticing. Some habits are helpful, while others might not be. Read the questions together, talk about them, and let your child write or draw their answers.

### Step 1: Talk Together

Ask your child:

* “What is one habit you would like to keep or grow stronger? What is one habit you might want to change or stop?”
* Share your own example (for example: “I always drink water in the morning—that’s a good habit. But I want to stop checking my phone too late at night—that’s a habit I want to change.”).

### Step 2: Student Response

**Question 1:** Write or draw one habit you already have that is helpful.  
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**Question 2:** Write or draw one habit you might want to change.  
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**Question 3:** What event or signal (like a sound, a time of day, or a place) usually triggers this habit?  
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**Question 4:** How does this habit make you feel?  
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### Step 3: Parent Note

Parent/Guardian, please add a short note about what your child shared:  
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### Reflection Reminder

Habits are built through **repetition**. By noticing our habits, we can keep the good ones and slowly change the ones we don’t want.