

Can do:

Discuss how to fix a bad habit.





Do you have habits that you want to fix? Why or Why not?

If yes, what steps can you take to fix a bad habit?



Vocabulary



Bad habits (phrase): actions that are not healthy

Rid (verb): no longer affected

Prepare (verb): make a plan in advance

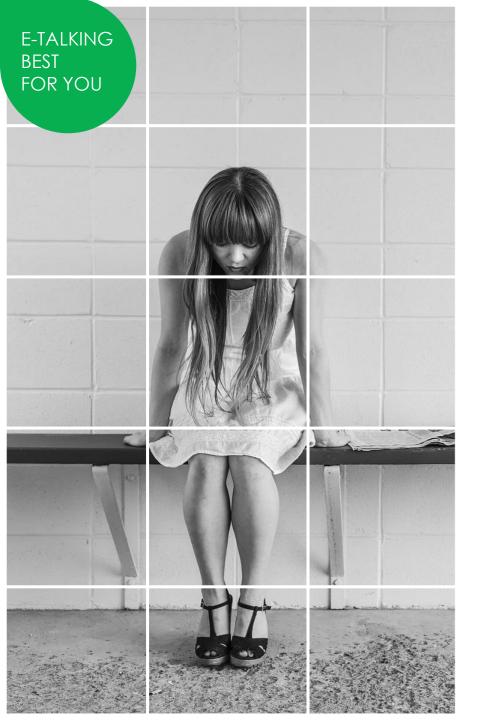
Action (noun): a move to do something

Decision (noun): a choice that you make about something after thinking about it

Actually (adverb): a word used for emphasis, like 'truly' or 'really'

Recover (verb): to get better; to become healthy after an illness or injury

Failure (noun): someone who is not successful



Reading time: Let's read more about how to fix bad habits

All people have **bad habits**. Sometimes people know they have bad habits. Sometimes they do not know. The best way to learn about your bad habits is to ask somebody who loves you to be honest with you. People who know you will tell you if you have bad habits. How do you get rid of bad habits?

Here are some ideas:



Reading time: Let's read more about how to fix bad habits

You have to want to let go of bad habits. People usually like to hold on to their bad habits. The first thing is to realize that you have to get rid of them.

You have to make a list. This list will include the reasons why you want to stop your bad habits.

Get ready to take action. Prepare for the next step

Get ready to take action. **Prepare** for the next step and be ready for change.







Reading time.....

Take action. Do not just make a decision, but actually do something.

Tell someone. Tell your friends about your plan.

Recover from failure. You probably will fail at some point. Be ready to repeat your plan.

Reward yourself, you deserve it!





What bad habits do you want to change?

Do you think it's easy or hard to change bad habits?

How would you reward yourself?



SPEAKING TASK

Summarize the article and add your opinion.



Actually recover failure decision prepare action bad habits

- 1. Smoking, drinking too much alcohol, and not sleeping enough can be ______.
- 2. For a large snowstorm, we _____ by buying food and staying warm.
- 3. The city took _____ to remove the ugly graffiti.
- 4. She made the _____ to stop working after she had her baby.
- 5. We _____ planned to leave early, but we were delayed.
- 6. Her health ______ed after a long sickness.
- 7. He tried to rescue the business from ______.



ASSESSMENT

Thank you!



