

HOW TO BREAK A BAD HABIT

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. Vocabulary game: In 30 seconds, list as many words related to the topic “**Bad habits**” as possible. Who gets the most correct words will be the winner. Your words must be different from others’.



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2. Can you list some of your habits? In your opinion, is it bad to have those habits? Why/Why not?

3. Why is it easier to form bad habits than to form good habits? Do you think you get into bad habits and bad thinking faster (and almost without any effort) than good ones?



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4. Role-play

A: You have some bad eating habits (mindless eating, skipping breakfast, distracted eating,...) that you really want to break. Ask your friend for some advice.

B: You are A's friend. Talk with your friend and suggest some good eating habits to him/her.



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Wrap-up

Topic: **How to break a bad habit**

- Have some talks about:
- ✓ The reasons why bad habits are more easily formed than good habits
- ✓ Some bad eating habits
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)