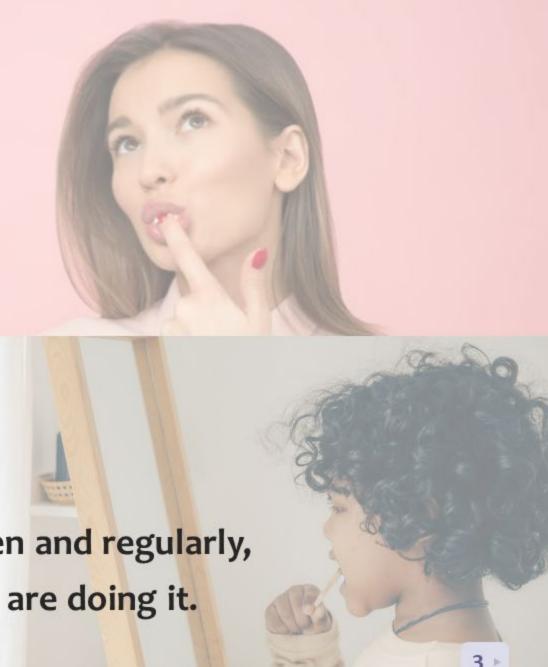






Habits

Habits are something that you do often and regularly, sometimes without knowing that you are doing it.



TARGET LANGUAGE

• In this lesson, we will talk about habits:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

Key phrases:

habit break the habit routine practice

Key Sentences

Read and share your opinions.

1. She has a **habit** of playing with her hair when she's nervous.

- Q1. Do you have any similar habits when you are nervous?
- Q2. What's one bad habit you wish you could easily change?



Key Sentences Read and share your opinions.

2. Try to break the habit of adding salt to your food at the table.

Q1. Have you been successful in breaking the habit of something? What was it?

Q2. What bad habits bother you the most?



Key Sentences

Read and share your opinions.

3. The visit was clearly going to disrupt our daily routine.

- Q1. How do you manage your daily routine when you have some visitors?
- Q2. What kind of daily routine do you like to do?



Key Sentences

Read and share your opinions.

4. The practice of dumping waste into the sea was prohibited.

Q1. Is this practice also prohibited in your country?

Q2. What kind of practices would you like to see in your hometown?



Vocabulary

Sum up and make sentences with the words.



habit something that you do regularly or usually, often without thinking about it



routine
your usual way of doing
things, especially when
you do them in a fixed
order at the same time



break the habit to stop doing something that you usually do



practice something that is usually or regularly done, often as a habit, tradition, or custom

Vocabulary Check

Choose the correct words to complete the sentences.

routine

practice

break the habit

habits

- 1. I struggled to ______of biting my nails whenever I'm nervous.
- 2. He developed some bad _____ while living alone.
- 3. Most doctors have a _____ of visiting patients.
- 4. The _____ of throwing cigarette butts in the street is not allowed.

Review

Fill in the blanks with the given letter.

All of us have one or two unpleasant h_1. While most have never thought about b_2, there are some who try to get rid of them.

So why should we break bad habits?

- 1. Bad habits could lead to health problems.
- 2. They could make us more stressed.
- 3. They could make our life miserable.

Our habits define the lifestyle we have. If you are aiming to live healthier than now, you should start including some good p_3 as a part of your daily r_4 .

Free Talk

Think about the questions and share your opinions.

Put $\sqrt{}$ if it's a good habit and put \times if it's a bad habit.

- Picking your teeth in public Checking phones while eating
- Eating a balanced diet Being punctual
- Doing regular exercise Skipping breakfast
- Stress eating Smoking packs of cigarettes a day
- Staying up late Following rules
- Q1. Which bad habit do you think would be the most difficult to get rid of? Why?
- Q2. What are some of your good and bad habits?

Free Talk

Read and share your opinions.

How to Build a New Habit:

- Start with an incredibly small habit.
 (Make it so easy so that you can't say no.)
- Increase your habit in very small ways.
- As you build up, break habits into chunks.
- When you slip, get back on track quickly.
- Be patient. Stick to a pace you can sustain.
- Motivate yourself to have a new habit in 21 days.

Have you ever developed a new habit? How did you do that?