



C1 – What is Regulation?



Healthy Habits

10–15 Minutes
Individual

Identify healthy habits that support our well-being.

MATERIALS:

- *Healthy Habits* handout (one per learner)
- Optional: Items to “cross out” unhealthy habits, such as different colored daubers, tiles, markers, or stickers.

LEADER GUIDANCE:

1. Identify an accessible way for learners to “cross out” or mark unhealthy habits, such as scribbling out, crossing out, or using colored objects.
2. Distribute the *Healthy Habits* handout and read aloud the directions. If necessary, review that healthy habits are things that can help your well-being. Review well-being: feeling well, healthy, comfortable and/or successful.
3. Explain how healthy habits can help you regulate. For example, getting a good night sleep helps you feel regulated and able to take on the day.

LEARNER REFLECTION:

- How are these healthy habits and regulation connected?
- What additional healthy habits can you think of?

C1 - What is Regulation?
Healthy Habits

NAME _____ DATE _____

DIRECTIONS: Healthy habits help us regulate for our well-being. Mark/cross out the ones that are NOT healthy habits.

Eating junk food	Taking a walk	Sitting for long periods of time	Taking a shower or bath
Making a checklist of things to do	Moving your body/exercise	Getting a good night's sleep	Talking to someone you trust
Asking for help when you need it	Playing a sport	Being kind to yourself	Leaving homework until the last minute
Drinking lots of sugar-filled drinks	Staying up late	Eating fruits and vegetables	Drinking water throughout the day
Taking a screen break	Being unkind to yourself	Helping others	Taking deep breaths

 © 2024 Zones of Regulation, Inc.

Healthy Habits



NAME _____ DATE _____

DIRECTIONS: Healthy habits help us regulate for our well-being.
Mark/cross out the ones that are NOT healthy habits.

**Eating
junk food**

**Taking
a walk**

**Sitting for
long periods
of time**

**Taking
a shower
or bath**

**Making a
checklist of
things to do**

**Moving
your body/
exercise**

**Getting a
good night's
sleep**

**Talking to
someone
you trust**

**Asking for
help when
you need it**

**Playing
a sport**

**Being kind to
yourself**

**Leaving
homework
until the last
minute**

**Drinking
lots of
sugar-filled
drinks**

**Staying
up late**

**Eating
fruits and
vegetables**

**Drinking
water
throughout
the day**

**Taking a
screen break**

**Being unkind
to yourself**

**Helping
others**

**Taking
deep breaths**