

FEELS SO GOOD



Contact Information

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Grades

2

Objectives

Students will be able to: 1) recognize that many of their actions are habits; 2) realize that some habits have a negative impact on the environment; and 3) work to develop some new "good" habits.

Method

Students discuss how certain actions are good for the environment and work on making a few of these actions habits.

Materials

Writing materials

Vocabulary

Habit, environment, disposable, reduce, solid waste

Procedure

1. Introduce the topic of HABITS by asking students the following questions.
Do you do any of the following things without thinking about them?
 - Do you bite your nails when you are nervous?
 - Do you chew on your pencil when you are thinking hard?
 - Do you look both ways before crossing the street?
 - Do you buckle your seat belt when you get into a car?
 2. The things just mentioned are habits. A habit is something a person does over and over again without thinking about it. Some of our habits are considered good, such as buckling our seat belts, and some of our habits are bad, such as biting our nails.
 3. Some of our habits have an impact on the ENVIRONMENT. Habits that hurt or harm some part of the environment are considered bad. Many of our habits involving SOLID WASTE harm the environment and so can be considered bad. Having too much solid waste to dispose of is bad because it takes up land, and that hurts the environment.
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FEELS SO GOOD Continued

4. We can change bad habits. To change a habit first you have to be aware of what you are doing when you are doing it. For instance, if chewing gum too loudly is a bad habit of yours, you first have to be aware of when you are doing that action before you can stop and change it. To replace the bad habit with something good, you then have to practice doing the good action in place of the bad one until it becomes so natural you don't think about it anymore--then it has become a new habit.
 5. Tell the class that they are going to work on correcting bad "solid waste" habits and developing good ones.
 6. List on the board the following good "solid waste" habits:
 - Use washable plates and mugs instead of DISPOSABLES.
 - Write on both sides of paper.
 - Use paper you were going to throw away as scrap paper.
 - When you buy only one item at a store, don't take a bag to carry it in.
 - Take paper and plastic bags back to the store to reuse.Discuss how these actions REDUCE our solid waste and so are good for the environment.
 7. Have each student select one action from the list that they will work on making into a habit. Have them write down their choice at the top of a sheet of paper. Every time they do this action, have students record the time and date on this sheet. Give them two weeks to try and establish their good habit.
 8. At the end of the two weeks, have students share their experiences. Did anyone succeed in establishing a good habit? Do they think it takes more time?
 9. Can anyone come up with other good solid waste habits? (e.g., reuse folders and notebooks)
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Source: Waste In Place, 1990 Keep America Beautiful, Inc.