5.1.21 ‘Thunking about habits’

A ‘Thunk’ is a thought-provoking question that helps you to develop your thinking skills. There are no right or wrong answers - just ideas.

### Activity - please write your answer under the question

1. What is a habit?’
2. Come up with other words for ‘habit’ (e.g. dependent).
3. Please pick two questions for the list of ‘thunks’ below and answer them, giving a reason for your explanation (you can delete the ‘thunks’ you are not answering).
* What are common habits that people have?
* Why do people develop habits?
* Do people choose habits?
* How can habits make us feel?
* Can habits be harmful?
* Is a habit always bad/harmful? Can habits be helpful?
* How do we know whether a habit is good or not-so-good for us?
* How often do you have to do something for it to become a habit?
* Is there a difference between a habit and an addiction? When does a habit become an addiction?
* Is it possible to change a habit? Give up a habit? Develop ‘good’ habits?
* What helps people to ‘break’ a habit?
* Is following a football team/music group/pop star a habit? Is it an addiction?
1. Please finish the following statements:
* *‘A habit I would like to stop is…’*
* *‘A habit I would like to start is…’*