**Scenario**

Table? Why not?

Lesson objective:

* You will observe progress and learn why it's worth tracking habits.
* You will get to know the so-called habit tracker.

Take notes. Observing progress is very satisfying – we all like to see changes for the better – the best proof is how many people watch transformations. How to track habits? And why is it worth doing?

5 ideas for habit journals:

1. Colorful drawings: You can create your own colorful drawings representing different habits in the form of pictures or icons. For example, you can draw fruit when you complete the habit of eating healthy snacks, or open books when you read daily. You can color them in real-time - marking whether you completed a particular habit on a given day.
2. Creative markings: You can use creative markings such as colorful stickers, stamps, stamps, or other interesting symbols to mark your habits. You can stick them on a special board or creatively decorated notebook to mark your progress.
3. Photos documenting progress: You can take photos of your drawings, projects, or other effects of your work related to your habits. You can create your gallery of photos showing your progress in implementing habits. You can also take photos of yourself while performing habits, which will be a cool way to document your achievements.
4. Creative habit journals: You can keep your own creative habit journal where you will note your progress in the form of drawings, notes, collages, or other creative records. You can decorate it with different colors, stickers, or other elements you like to make journaling even more fun and inspiring.
5. DIY projects: You can also create your own projects related to your habits. For example, if your habit is learning new words, you can create your own flashcards with colorful illustrations and words you would like to learn. You can also create posters, collages, or presentations about your habits and present them to siblings, friends, or parents.

Your own way:

* Jar with M&Ms
* Jar with notes
* Jar with small items
* Bead stringing
* Checklist
* Whatever comes to your mind 😊

Habit tracker

 It's a simple tool based on "checking off" habits in a special table - you can do this by placing a dot, "tick," or cross.

7 reasons why it's worth using a habit tracker:

1. Tracking progress: Using a habit tracker allows you to notice your achievements and can be very motivating because you see that you are making progress.
2. Focus: Habit trackers help you focus on what is really important. You can see which tasks are already done and which ones still require attention.
3. Control over habits: You can notice how often you perform your tasks and which habits are related to your goals. This allows you to more consciously shape your habits to be in line with what you want to achieve.
4. Measuring progress: You can track numbers, statistics, or time, which allows for objective assessment of your progress and making decisions based on facts.
5. Self-discipline: Monitoring your habits and progress allows for better understanding of your behavior and habits. You can notice when you deviate from your goals and adjust your actions accordingly.
6. Goals: Tracking your progress can help you achieve your goals. You can see if you are on track to achieve them and make appropriate changes in your behavior to achieve what you want.
7. Improving habits: Habit trackers allow you to analyze your habits and identify areas that need improvement. You can notice patterns and trends in your behavior that may hinder or support your goals. Based on these observations, you can make changes in your behavior to better achieve your goals.

More creatively

A habit tracker doesn't have to be a table; you can use a jar and small items for this purpose: glass beads, coins, candies.