**Lesson Plan**

**With the Help of Friends**

**Lesson Objectives:**

* You will learn how to seek support to establish a good habit.
* You will perform exercises to help you with this process.

Not everyone likes to work alone. Sometimes, the presence and help of other people can be very motivating.

Consider whether you could ask a friend, sister, or mom to help you establish a new habit. Could they remind you via SMS that you planned to wake up earlier? Call and ask if you went for a run this morning? Etc.

**Mati**

Mateusz realized that he has a problem with his smartphone—he practically never puts it down. He constantly checks it, looks at notifications, and watches videos. It's becoming increasingly difficult for him to concentrate. His parents have repeatedly pointed out this problem, but Mati can't handle it on his own. So he thought maybe he could ask his parents to help him break the habit.

**Discussion Questions:**

1. How could Mati's parents help him reduce his phone usage?
2. What would you ask for if you were in his place?

**Optional Activity:**

* **For Volunteers**: If you are interested in issues related to internet and social media addiction, be sure to watch the film "The Social Dilemma." It will show you the mechanisms that social media use to get us addicted.

**Assignment for You:** Think about a habit you would like to establish in the near future.

* Going to bed early?
* Detoxing from the computer?
* Eating fruits instead of sweets? Consider who could support you in this new habit. How could they help? By reminding you? Writing to you? Asking you?

**Helpful Apps for Habit Change:**

1. **Loop**: A great app that allows you to track habits and statistics. It's engaging!
2. **Quitzilla**: Unfortunately, we also have bad habits, but Quitzilla helps to break them. If you want to, for example, STOP eating sweets or playing computer games, Quitzilla will take care of it.
3. **Goal Tracker**: A very simple, pleasant app, a habit tracker for your phone.