

### Lesson Overview

Students record the amount of time they spend on various daily routines. They graph all of their information and compare their habits with others in the class. Students use their graphs to discuss ways to help keep them healthy.

### Skills & Objectives

- Collects, organises, displays and analyses data
- Identifies, creates and uses circle graphs to organise information
- Develops and evaluates inferences and predictions based on data
- Knows basic personal hygiene habits required to help maintain health



# Healthy Habits Time Tally

### Materials

Graph paper  
Coloured markers,  
crayons or pencils

Copies of chart  
to the right

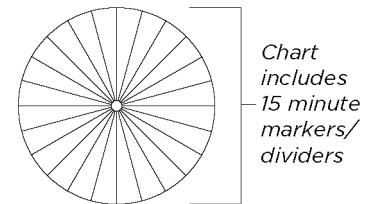
### Lesson Extension

Have students continue to record and tally their habits for several days or weeks. Then have them identify trends and changes in their behaviours. Students can create circle graph and bar graph charts to share with their peers. (An example would be for a student to graph an increase in the amount of time spent exercising).



| Daily Activity:            | Amount of Time Spent In A Typical Day<br>(Rounded to nearest 15 mins.) |
|----------------------------|--|
| Washing hands?             |  |
| Exercising/playing sports? |  |
| Showering or bathing?      |  |
| Reading?                   |  |
| Doing chores at home?      |  |
| Relaxing?                  |  |
| Brushing teeth?            |  |
| Flossing teeth?            |  |
| Watching TV?               |  |
| Playing outside?           |  |
| Attending school?          |  |
| Using telephone?           |  |
| Playing video games?       |  |
| Doing homework?            |  |
| Sleeping?                  |  |
| Grooming hair?             |  |
| Other?                     |  |
| <b>Total Time</b>          |  |

2 Explain that after calculating the time they spend on different tasks for one day, students will create a circle graph to chart their habits.



3 Have students create a colour-coded key for the different categories of tasks. For example:  
Sleep - RED,  
School Attendance - ORANGE,  
Entertainment - PURPLE,  
Doing Homework - YELLOW,  
Physical Activity - GREEN,  
Personal Hygiene - BLUE

4 Have students graph and analyse their results and then compare them to their classmates' results.

### Wrap-Up

Use the graph to discuss daily habits and ways to help keep them healthy. Do students think they spend too much time on entertainment and not enough on physical activity? How might those habits affect their health and learning?

Visit [www.healthyhabitsmission.com.au](http://www.healthyhabitsmission.com.au) for more healthy habits lesson plans, as well as games and quizzes your students can play!

1 **Directions:**  
Distribute copies of the **Healthy Habits Time Tally** worksheet to students and tell them that they are going to keep track of how much time they spend doing everyday tasks for 24 hours.

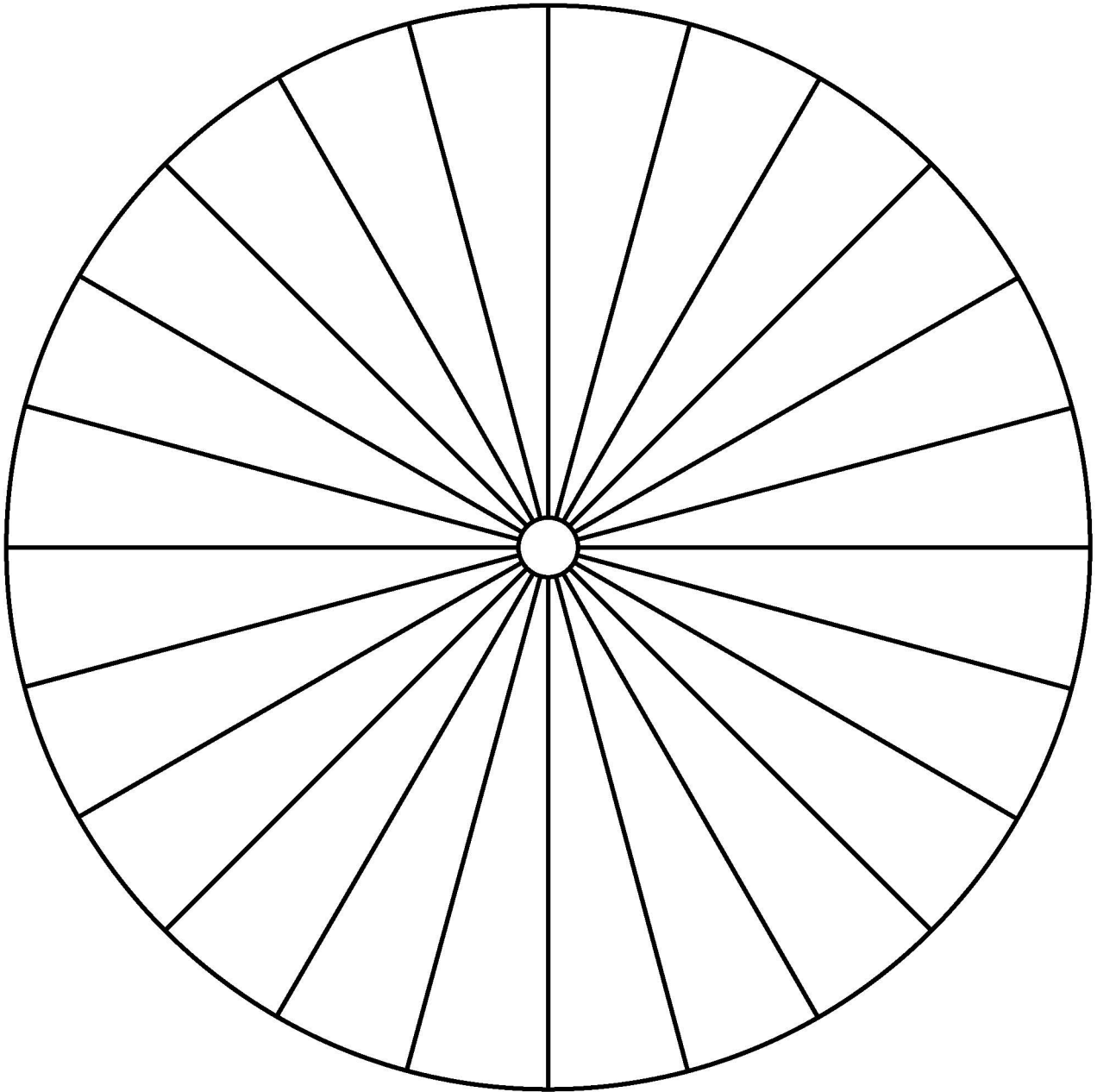
As a class, discuss the items on the chart and brainstorm whether or not you should add any tasks. What about chores?

### HOME Connection

Have students fill out the following prompt and display it at home to help motivate them to reach their health goals.  
My Healthy Habits Goal is \_\_\_\_\_

| <b>Daily Activity:</b>     | <b>Amount of Time Spent In A Typical Day</b><br>(Rounded to nearest 15 mins.) |
|----------------------------|---|
| Washing hands?             |   |
| Exercising/playing sports? |   |
| Showering or bathing?      |   |
| Reading?                   |   |
| Doing chores at home?      |   |
| Relaxing?                  |   |
| Brushing teeth?            |   |
| Flossing teeth?            |   |
| Watching TV?               |   |
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| Doing homework?            |   |
| Sleeping?                  |   |
| Grooming hair?             |   |
| Other?                     |   |
| <b>Total Time</b>          |   |

Explain that after calculating the time they spend on different tasks for one day, students will create a circle graph to chart their habits.



Have students create a color-coded key for the different categories of tasks. For example:  
Sleep — RED, School Attendance — ORANGE, Entertainment — PURPLE, Doing Homework — YELLOW,  
Physical Activity — GREEN, Personal Hygiene — BLUE

Have students graph and analyze their results and then compare them to their classmates' results.