**Secondary Guidance Lesson**

*Back to School - Mental Health, Pt. 2*

**Objective:** To help students and staff recognize emotions they may be having about coming back to school, understand that they are not alone, and encourage resilience.

**Activity: Start a New Habit**

Transitions, from summer break back to school, for example, are a great time to start a new habit. The break-in routines can wipe away old habits and make space for new ones to start.

Talk through each question and let students answer the questions on their own paper or in a journal.

1. What habit would you like to start?
2. What are the steps you need to take in order to create that habit?
3. What would it feel like if you were engaging in this habit regularly?
4. Imagine yourself in a week or months in the future, once this habit is established. What is different?
5. Who might be able to help you keep this habit?

Talk through the questions, give examples to help students brainstorm what a good, new positive habit looks like. Allow students to call out answers or keep it private, depending on the established trust of the group.

This is a great chance to build relationships with your students as you can relate to new habits you have created and the success or failure of creating those habits.

**Follow-up/Closing:**

Watch this quick, 5-minute video with “sustainable happiness skills”. [Happiness Experts Share Back to School Mental Health Tips](https://youtu.be/_vfNy9qiOfU)

* What is something you can practice that you saw here?
* What is something that you already do? How do you know it makes/made a difference for you?
* What goal can you set for yourself to try?