

## TEACH IT TO FULLY LEARN IT

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- How can you tell when you or someone needs help with this life habit?

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- How would you teach this life habit to that person?

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- How can you help them if they are in danger of harming themselves and/or others?

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- How do you know when you should ask an adult to help you or someone else?

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### **Information to teach the life habit:**

- What is the habit about?

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- Where and when can you make this life habit work in your life?

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- Why is this habit important? How can building this habit change your life?

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- Who can this habit affect?

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- How can you make sure to stay accountable for building this habit in your life?

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- How can you share your story with this life habit to help others?

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