



The Hidden Toxin

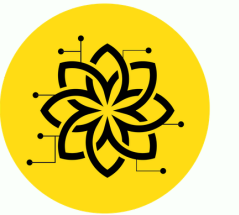
Sometimes unhealthy habits are not only about food they can be patterns our brain repeats again and again. A habit may start small: a snack while watching TV, scrolling when bored, eating without thinking. Over time, the brain begins to expect those patterns. Today we will discover how habits grow, why cravings feel strong, and how our brains can learn healthier choices.

"Awareness gives us power."

  **Quick Chat:** What is one thing you do every day without even thinking about it?



Hunger or Habit?




BRAIN NETI

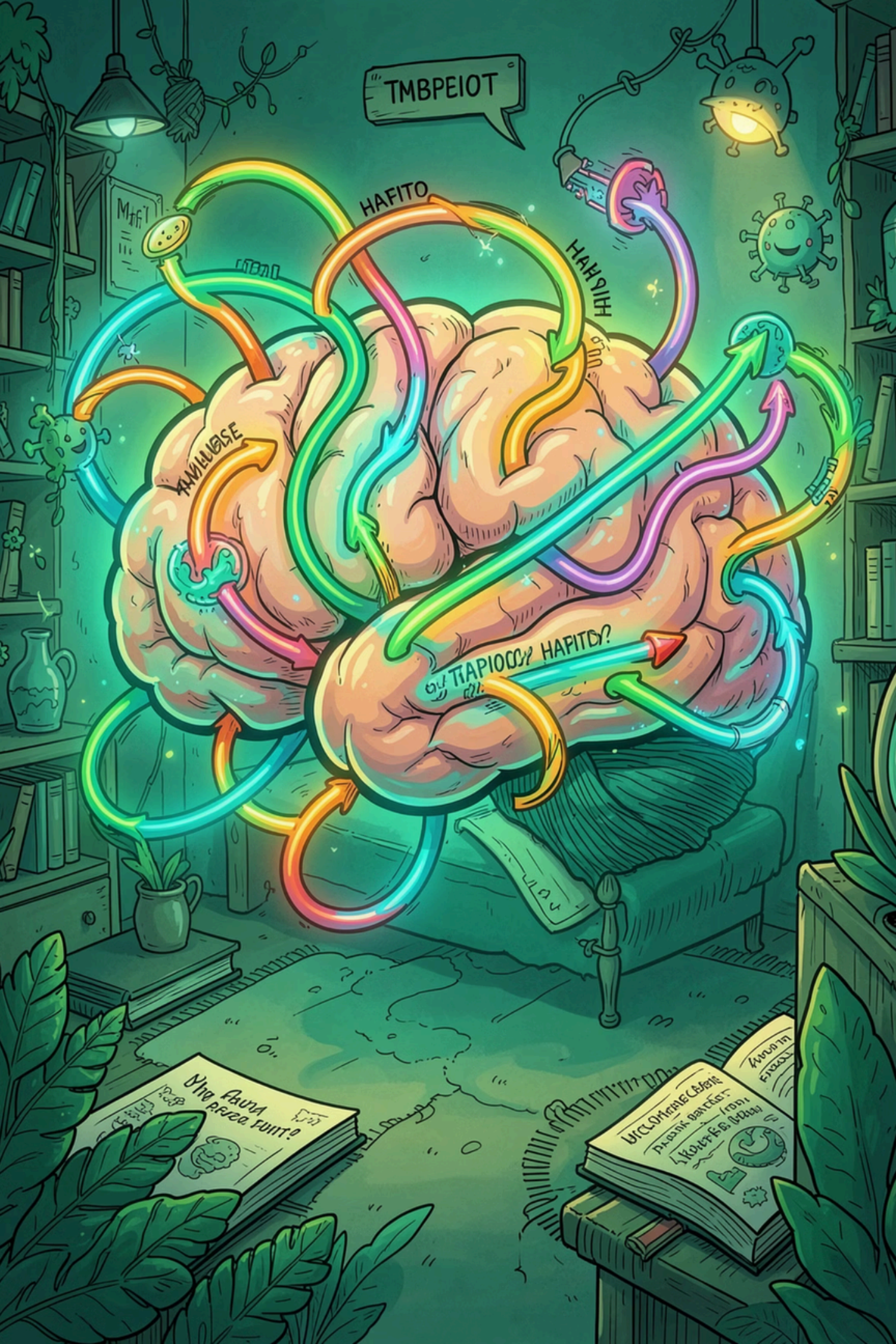


Imagine these moments:

- You just finished lunch... but still want chips.
- You smell popcorn during a movie.
- You feel bored and suddenly want a snack.

Is it **real hunger**? Or is the brain following a **habit**? Not every urge means the body truly needs something.

 **Fun Time:** Listen to each situation and decide "Real Hunger!" or "Habit Feeling!"



BRAIN NETI

Why Habits Feel Powerful

The brain remembers things that once felt comforting or exciting. A crunchy snack, a sweet treat, a favorite routine, or a fun distraction and soon the brain says: **"Do it again."** That is how habits become strong patterns.

Crunchy Snack

Comforting and familiar

Sweet Treat

Feels exciting and fun


Favorite Routine

Always at the same time

Fun Distraction

Easy and automatic



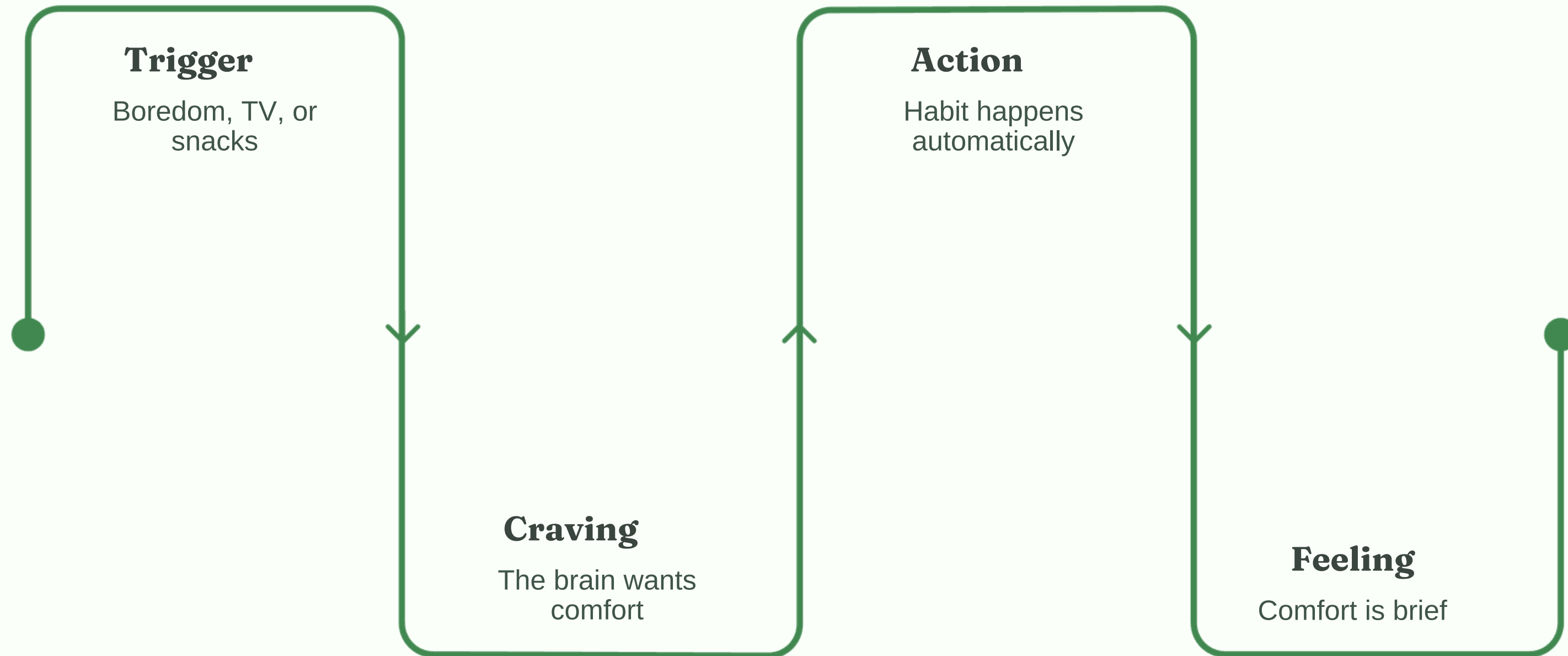
 **Brain Boost:** Have you ever wanted something just because you always do it at the same time?

Inside the Habit Loop



BRAIN NETI

First, something **triggers** the brain maybe boredom, sadness, watching TV, or seeing snacks. Then the brain remembers comfort. Soon the habit happens **automatically** before careful thinking begins. Afterward, the comfort may last only a short time.



Each step leads to the next and the loop can repeat again and again without us even noticing!



Let's Think: Why do you think habits can happen so quickly?



BRAIN NETI

Arjun and the Evening Snack

Every day after school, Arjun walked straight into the kitchen. Not because he was hungry his brain simply **expected** snacks. Same time. Same cupboard. Same routine.

One day his mother said: "*No snacks right now.*" Suddenly Arjun felt frustrated and restless. But later he noticed something surprising his stomach was not hungry at all. His brain only wanted the **habit**.



Story Time: Was Arjun hungry... or following a pattern?



Meera Notices the Pattern





BRAIN NETI



Meera noticed she also repeated habits automatically. One afternoon she stopped and asked herself:

"Am I hungry... or just bored?"

Instead of grabbing chips, she drank water and played outside. Slowly her habit became **weaker**. Small pauses helped her brain make **new choices**.

  **Question Time:** What helped Meera change her habit?



Real Hunger and Craving Feel Different

The body and brain give **different clues**. Real hunger usually feels slower and calmer, while cravings often feel fast and emotional.

Real Hunger



Usually feels **slower and calmer**

- Low energy
- Empty tummy
- Slower movement

Cravings

Often feel **fast and emotional**

- Excited or restless
- Impatient
- Grabby feelings

  **Feelings Check:** How does your body feel when you are truly hungry?

When Big Feelings Appear

Sometimes habits get interrupted. A parent says: "No more snacks." A craving suddenly stops. The brain expected comfort, so emotions may react quickly. Children may feel angry, frustrated, upset, or restless. These feelings are **signals** that tell us to pause and notice what is happening inside.

🤔 Angry

The brain wanted comfort

😞 Frustrated

The habit was interrupted

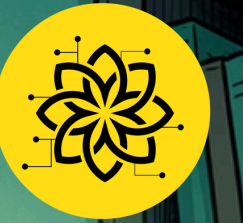
😭 Upset

Feelings come quickly

😞 Restless

Body wants the pattern

🗣️ **Think and Share:** Why can stopping a habit sometimes feel difficult?



BRAIN NET

Pause for Five Seconds



BRAIN NETI

The brain can learn to **slow down** before reacting. Even tiny pauses help build stronger self-control. Try this:

1

Stop Your Hands

Just pause for a moment

2

Take a Slow Breath

In through your nose, out through your mouth

3

Count Slowly to Five

One... two... three... four... five

4

Notice Your Body

How do you feel right now?

5

Choose Calmly

Make a thoughtful decision



★ Try This: Practice a slow five-second pause together right now!

Replace the Habit



BRAIN NETI

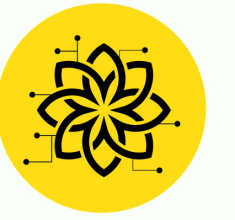


Healthy habits grow when we **replace** old patterns with new ones. Instead of automatic snacking, children can:

- 💧 Drink water
- 🧘 Stretch or dance
- 🎨 Draw or create
- 🌳 Play outside
- 💬 Talk to someone

The brain slowly learns **healthier routines** through repetition.

❓ 💡 **Brain Boost:** What healthy replacement would you choose?



MAYA'S STORY

Maya Changes One Pattern

Every evening, Maya ate chips while watching cartoons. One day she noticed: "I'm not even hungry."

At first, stopping felt difficult her brain kept asking for the same habit. But Maya paused. She drank water first. She played outside instead. Slowly, the craving became smaller.



★ **Story Time:** How did one small change help Maya?





Small Changes Create Big Growth



BRAIN NETI

Healthy habits don't appear all at once they grow slowly through practice. Every time children pause, notice patterns, listen to body signals, and choose healthier actions, their brains become **stronger and wiser**.

Pause

Take a breath before reacting

Notice

Spot your patterns gently

Listen

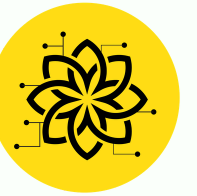
Check what your body needs

Choose

Pick a healthier action



What small healthy change could you try this week?



BRAIN NETI

What Would You Do?

Imagine this: You're watching TV and suddenly want junk food but your stomach doesn't feel hungry. **What could help?**

→ **Pause and breathe**

Give your brain a moment to think clearly

→ **Drink water first**

Thirst can sometimes feel like hunger

→ **Stretch or play outside**

Move your body to shift the craving

→ **Talk with someone**

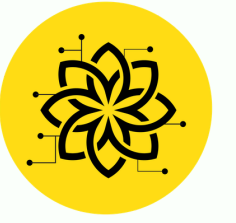
Sharing feelings makes them easier to manage



What calm choice would you try first?



Your Brain Can Learn New Patterns



BRAIN NETI



Brains are **always learning!** The more children practice healthy choices, the easier those choices become. Old habits can shrink. New habits can grow.

Awareness helps children feel more in control of their actions and that is a **superpower.**

? ... Why do you think practice helps the brain grow stronger?

Old habits shrink

When we stop repeating them

New habits grow

Every time we practice them

Growing Strong Healthy Habits



Healthy habits help the brain and body feel **balanced, calm, and happy**. Every small choice adds up!



Good Sleep

Rest helps your brain recharge



Move Your Body

Exercise makes you feel energized



Healthy Food

Nourishing foods fuel your brain



Calm Pauses


Breathing helps you feel in control



Kind Conversations

Connecting with others lifts your mood

"I can notice my habits." · "I can pause before reacting." · "Small changes help me grow."

  What healthy habit makes you feel your best?



Freeze the Habit Game



Children pretend to grab snacks, scroll quickly, or repeat silly habits then suddenly everyone hears: **"FREEZE!"**

Everyone stops moving, breathes slowly, and relaxes their bodies before continuing calmly.

- ☐ Try freezing faster and calming slower each round! ★

🎯 Materials

Open movement space

🧠 Learning

Builds self-control, pause skills, and body awareness

Draw the Habit Monster

Children draw a silly "habit monster" that tries to repeat unhealthy patterns then draw tools that make the monster smaller!

? Show one healthy tool that helps your habit monster shrink!



Materials

Paper, crayons, markers

Learning

Encourages emotional expression, reflection, and healthy coping awareness



Team Challenge: Keep or Replace?

Children work in teams to sort habits into groups and discuss calm replacement ideas together.



✓ Healthy Habits to Keep

Things that make your body and brain feel good

↻ Patterns to Replace

Things that don't serve you find a calmer choice!

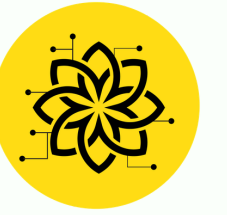
📦 Materials

Picture cards or spoken examples

🧠 Learning

Strengthens teamwork, problem-solving, and healthy decision-making

❓ ... What replacement idea would help most?



Energy Detective

Children imagine how different choices affect the body. Let's investigate!

After Healthy Food

How does your body feel? Think about energy, focus, mood, and comfort.

After Too Much Junk Food



How does your body feel? Think about energy, focus, mood, and comfort.

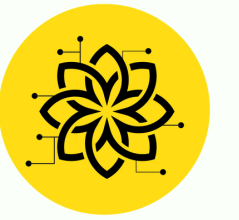
Materials

Picture cards or movement space

Learning

Builds body awareness and understanding of healthy choices

  What choices help your body feel strong and energetic?



Imagine Your Healthiest Day

Close your eyes and imagine a healthy, balanced day. Maybe you eat nourishing foods, play outside, laugh with family, pause before cravings, listen to your body, and make thoughtful choices.

Now imagine your brain **smiling proudly**. Every small healthy choice helps the brain grow stronger.

Materials

Quiet space and your imagination

Learning

Encourages reflection, self-awareness, and healthy habit building

  What would your healthiest, happiest day look like?