

STOP - THINK - DO

Develop a Healthy Action Plan

Please refer to the STOP - THINK - DO Decision Making Model on pages 11-14.

Note: This activity has four parts:

Part 1 - STOP

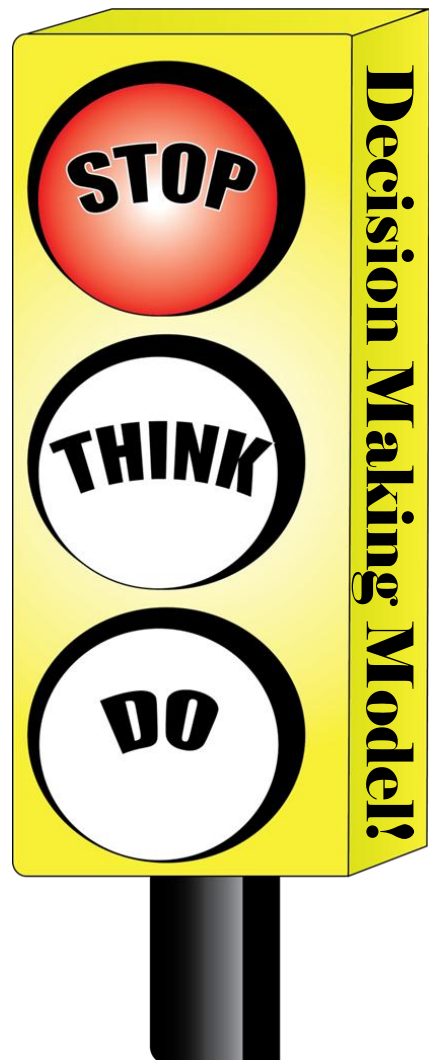
Part 2 - THINK

Part 3 - DO

Part 4 - Post-Activity Discussion

Part 1 - STOP

- Begin by asking students to brainstorm and describe what healthy and unhealthy choices mean to them.
- Ask what the students know about healthy behaviours and choices.
- Reflect on what the students already know.
- Based on the student responses, identify areas of curiosity.



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Part 2 - THINK

- Ask students to brainstorm when and where they can demonstrate healthy choices in their everyday lives.
- Ask:
 - What are my healthy choices?
 - What are my unhealthy choices?
- Discuss why making healthy choices can be difficult at times.

Part 3 - DO

- Students will action plan/pledge to do three healthy activities during the week.
- Refer to *My Healthy Action Plan* on page 49 and make a copy for each student.



KNOW TOBACCO...

Think. Learn. Live.

My Healthy Action Plan!

This week I, _____ will make three healthy choices.

(NAME)



1. _____

2. _____

3. _____

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Part 4 - STOP - THINK - DO

Post-Activity Discussion

After a week, have students review their healthy choices that they identified on “My Healthy Action Plan” and see how many of them were successful in fulfilling their goals.

- Discuss with the students what healthy choices they identified.
- Discuss why these choices were important for their health.
- Ask the students to determine if these daily healthy choices were performed individually or if they required support.
- Ask the students to discuss if they had control over their healthy choices.
- Have the students reflect on what they learned.
- If any students were not successful in fulfilling their action plans, discuss with the students why healthy choices may be difficult at times.

