



VOICE

E-Newsletter of DY Patil International School, Navi Mumbai

In this Issue-

“THE HABIT ENGINE: DRIVING CHANGE FROM WITHIN”

- The Magic of Everyday Habits
- Encouraging Healthy Habits
- Building a New Habit
- Sneak peek into the classroom
- Take away



"We are what we repeatedly do.

Excellence, then, is not an act, but a habit."

- Will Durant

The Magic of Everyday Habits:

A habit is like a little superpower your brain builds when you do something over and over! It could be scoring a goal in football, drawing a cool picture, or reading a story every day.

Some habits happen by accident, but others you can create on purpose—like being kind, practicing sports, or learning something new. The more you do it, the easier it gets, and soon it becomes a part of who you are!



Encouraging Healthy Habits -

Building good habits early lays the foundation for a lifetime of healthy living. What is the most powerful way to teach them? By showing, not telling—children naturally mirror the actions of those they admire. When they see you making healthy choices, they're inspired to do the same.

"Change might not be fast, and it isn't always easy. But with time and effort, almost any habit can be reshaped."

Charles Duhigg,

How habits are formed?

It starts with a trigger, or a cue, something that signals the brain to start the habit cycle.

As soon as we experience the trigger, our brain signals what essentially acts as a switch, and tells our body to carry out an action or routine. This is, at its core, the habit.



How long does it take to make, change and develop habits?

The traditional advice of building a habit in 21 days is no longer considered accurate. While for some people, and for some habits, this is certainly true, on an average, it takes 66 days to build a habit. That's more than two months of steady effort—and sometimes, it can take even longer! But the good news? Each day you stay consistent, you move a little closer to turning that habit into a natural part of your life.

How can we build a new habit -

To build a habit it is of utmost importance to identify the goal. Once the goal is decided, select a new habit and repeat the habit regularly.

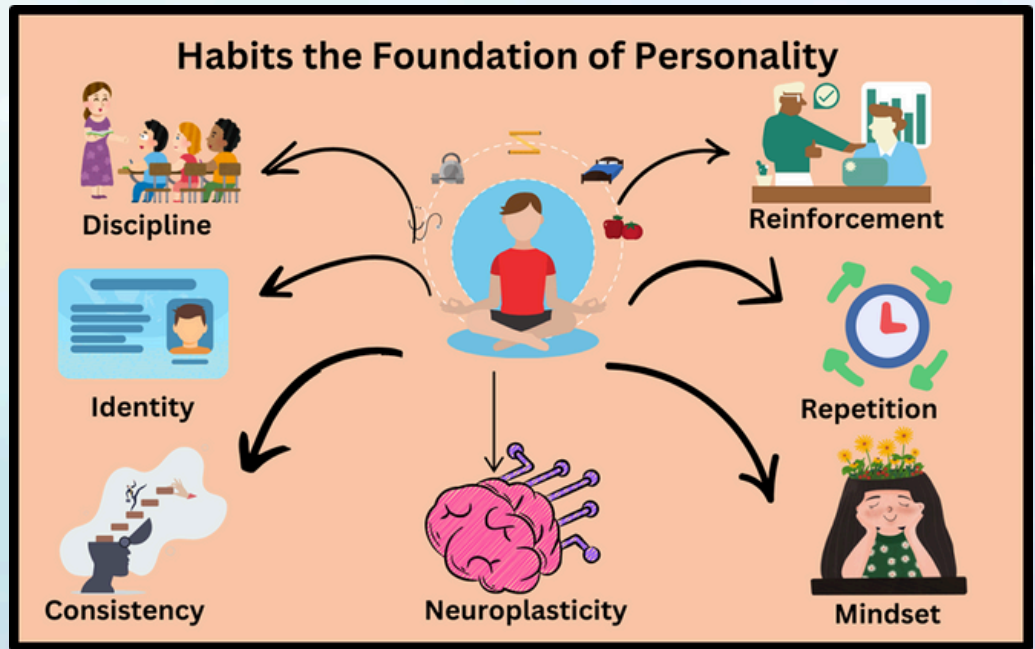


Building Good Habits

- #1 One at a Time
- #2 Setbacks are Okay
- #3 Always Move Forward
- #4 Never Give Up
- #5 Do It At Your Own Pace
- #6 Change It Up
- #7 Track Progress NOT Perfection
- #8 Reward Yourself

www.productiveandfree.com

It shapes your personality -



<https://click2pro.com/blog/habit-formation-personality-development>

How to STACK A HABIT

- 1 Identify existing habits**

if you already have a habit of drinking a glass of water in the morning, take note of it.
- 2 Determine your goal**

Let's say your goal is to improve your physical fitness and incorporate exercise into your routine.
- 3 Choose an anchor habit**

Use your existing habit as a trigger. After drinking your morning glass of water, perform a 5-minute stretching routine.
- 4 Select a new habit to stack**

Add a new habit that complements your goal. After stretching, follow it up with a 10-minute workout session.
- 5 Start small and build momentum**

Begin with manageable actions. Gradually increase the duration or intensity of your workouts as you become more comfortable.

Remember, small changes can lead to big results. Start habit stacking now and witness the power of positive routines in your daily life.

Sneak peek into the Classrooms

**“Successful people are simply those with successful habits.”
Brian Tracy**

Primary School students took part in a variety of thoughtfully designed activities aimed at nurturing positive habits and behaviours.

Activities planned to sharpen this skill included:

- Listening to narrated stories
- Interactive games such as Charades, Telephone (Chinese Whisper), and 'I pack my bag with...!' to practice recall and attention
- To encourage the development of discipline, musical exercises were introduced. Activities such as Follow the Beat sessions and structured rhythm exercises helped students strengthen their sense of sequencing and concentration.



Sneak peek into the Classrooms

“Successful people are simply those with successful habits.”
Brian Tracy

Middle and High School students participated in focused initiatives aimed at cultivating healthy habits through activities that promoted introspection and emotional self-regulation.

The activities designed to foster these skills included:

- Creating a Worry Jar
- Developing a Narrative Tree of Life
- Promoting collaboration and cohesiveness within classroom groups
- Participating in rhythm classes

To ensure a positive and lasting impact, students were encouraged to develop self-discipline and effectively manage their emotional responses.





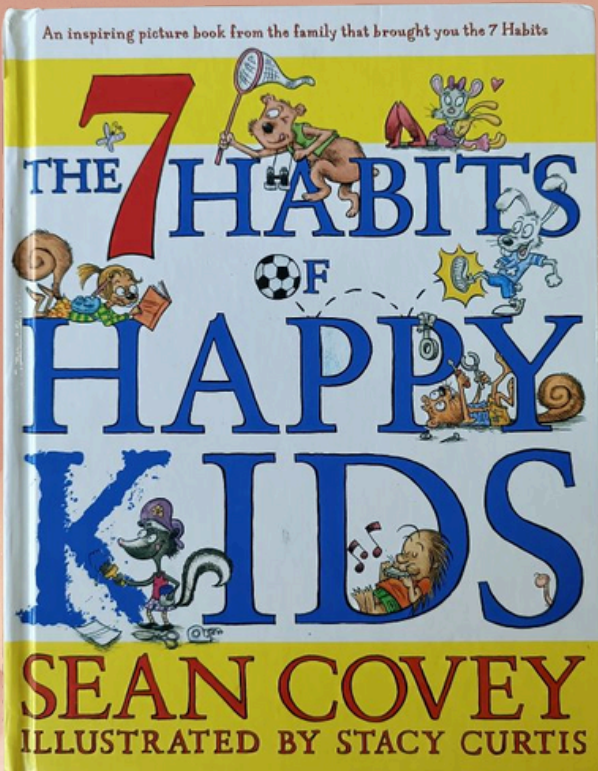
TAKE AWAY

Watch your thoughts;
They become words.
Watch your words;
They become actions.
Watch your actions;
They become habits.
Watch your habits;
They become character.
Watch your character;
It becomes your destiny.

Lao Tzu



InspirationBoost.com



BOOK RECOMMENDATION

- **The 7 Habits of Happy Kids**
- Sean Covey

It's Never
TOO LATE TO
Start

Keep
Reading



TEAM DYPIS

