

# Habits: Wasteful or Not?

## *Materials:*

Pencils, papers, copies of lifestyle questions, habits list, and checklist (one for each student)

*Grade Level:* Secondary

## *Students will be able to:*

1. Evaluate the lifestyle habits relative to waste reduction and decide if they are adaptable to their own lifestyle.

## *Procedure:*

Introduce the lesson by discussing these ideas:

- Should solid waste be managed by using proper disposal methods, reducing the amount generated, or both?
- How should we reduce the amount of solid waste generated or produced? (Source reduction, reuse, production of more durable products)
- Are the habits of students and their families related to any of those reduction methods?

Distribute the list of habits and instruct the students to evaluate their validity. After students finish, briefly discuss their comments.

Have the students decide whether or not each habit is employed in their household. After they have finished, the students will decide which habits they will try to convey to their families for use and adoption.

Assign students the task of keeping a success record of the habit adoption each week for one month.

Hand out copies of the discussion questions and have students answer them individually. When they are finished, conclude the lesson with a discussion of their answers.

After one month, discuss the success records of the family's habit adoption.