

THINK VALUES

Rules for ourselves

Do you have any rules for yourself? In pairs, discuss which of these you think are good rules and which you think are bad. Discuss any other rules that you have for yourself.

- Get eight hours of sleep every night.
- Walk or do some other form of exercise once a day.
- No screens for an hour before bed.
- No looking at social media while doing homework.
- Make dinner for my family once a week.
- Keep my bedroom tidy.
- Listen to my friends when they talk about their problems

If you look at social media while doing homework, you don't learn much because you can't concentrate.

And it takes longer to finish. So no social media during homework is a good rule.