

Nuffield Health Schools Wellbeing Key Stage 3/4

Teacher Activity: Pledge wall

Suggested time: 15 mins

You'll need

Pledge cards, one for each student

Activity outline

It's easy to make changes but it's harder to turn them into habits. Studies show that it takes about 21 days to create a habit (or about 60 repetitions). The best way to get started on creating new habits is to make a pledge.

Ask each student to make three pledges or small changes they can easily achieve. These might be small steps such as adding a piece of fruit to their breakfast, going to bed half an hour earlier on week nights or starting up a gratitude attitude diary (see [The Gratitude Attitude](#) activity).

The pledges should be about starting and maintaining healthier choices that are physical and emotional. The goal is not about losing weight or punishing themselves if they fail.

Ask the students to write their pledges on their pledge card. Pin the cards to a wall in school which can become the pledge wall. The teacher should keep a check on these cards and then hand them back to the students after three weeks to see if they have managed to keep their pledges.

Don't forget to ask the students to write down the pledges themselves as an aide memoire before handing in their postcards!

Extension suggestion

Start a discussion with the students about how they got on with their pledges, to prompt reflection. Did they find it easy? Was there anyone who struggled with their pledge? Why was this?

Ask the students to discuss in pairs what they would do next time to make their pledges more achievable or more challenging, depending on how they got on.