Fresh Start 2027

New Year • Form time • KS3-KS4 • 15 minutes

THE FILM'S QUESTION

Why is a smaller promise easier to keep than a big one?

Watch and shrink it

5 MIN

Watch the film. Turn each big promise into one small action. Make it specific enough that someone could try it tomorrow.

Big promise	One small action
Read more books.	
Be more organised for school.	
Get better at playing an instrument.	

Find a reminder

5 MIN

Choose one action from the table. With a partner or on your own, link it to something that already happens each day. What could make it easier to get started?

Make a plan

5 MIN

Choose a real or imaginary habit. Finish the sentence 'After I …, I will …'.
Add a backup plan for a day when your usual routine changes.

Pupils can keep their plans private. If a plan proves awkward, change the reminder or try a smaller action.

Habit formation study • Lally and colleagues

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