

HABIT EVENT 6 JULY 2016



INTERNATIONAL SCHOOL GRONINGEN



WWW.ISGRONINGEN.NL / WWW.HABITLAB.NL

Program

10.00: Word of welcome & the science of the habitual brain (in the mediatheek)

11.00-12.30: Workshops on breaking & making healthy habits

Everyone is assigned to two workshops. The first one starts at 11.00, and the second at 11.45.

- *Bootcamp*: during this workshop you will perform exercises that you can insert into your daily routine (in room 32)
- *Mindfulness* (in room 39)
- *Train Your Brain*: computer games have a bad reputation, but some of them actually help to improve cognitive function (room to be announced)
- *Turning good intentions into good habits*: this workshop on planning helps you to formulate effective plans to turn your good intentions into good habits -
- *Samskara yoga* (in room 38)

12.30-13.00: lunch break

Make sure to register with your team for the habit games before 12.15 in the Common Room.

13.00-14.30: The Habit Games

These are played with teams of ~6 people. The team that has won the most points by the end earns a prize!

- *Oddball Game*
- *Stroopy Game*
- *Dance Routine Game*
- *Incompatible Game*

14.30-15.00: Some final words & awards ceremony (in the mediatheek)