

# How to use the Why We Do What We Do Cards

The 'Why We Do What We Do' cards, created by health professionals at Better Health Company, are a useful resource to help children understand how their surroundings influence their actions. These cards can be used by parents, teachers, health professionals, or community organisations when working with children to promote healthier habits.

## Understanding our behaviour

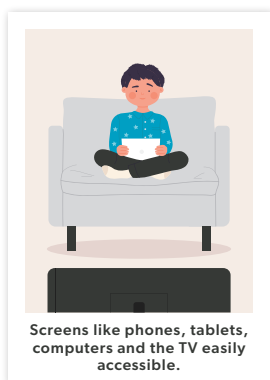
Our behaviour (what we do) is influenced by our environment—what we see, hear, touch, smell, and taste. For example, seeing a bowl of fruit might make us want to eat a piece, or hearing about a fun activity might encourage us to join in. By making simple changes to our environment, we can support healthier habits. These cards help children see how their environment impacts their behavior and how they can make positive changes.

## Using the Cards

Follow these steps to use the cards and teach children about how their environment affects their habits:

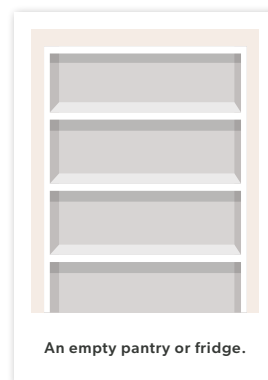
1. Determine if the environmental factor on the card affects eating or physical activity habits.
2. Talk about whether this factor helps or hinders healthy habits.
3. Think about changes that can be made to make this factor more supportive of healthy habits. Or, decide helpful actions to take when this factor arises.

## Examples



### Screens (TV, Computer, Phones, Tablets):

Screens can be a distraction that reduces physical activity. A possible solution is to set specific times for screen use and designate screen-free times for other activities.



### Empty Pantry or Fridge:

An empty pantry or fridge can make it difficult to choose healthy foods. Solutions include stocking up with healthy options like pre-cut fruits and vegetables and keeping processed foods out of sight.



**Tips for Using the Cards:** Use the cards to create engaging games or discussions with groups of children (for example sorting the cards into different categories). This approach makes learning about environmental influences interactive and enjoyable.