

The TfT Tips Trio

HABIT STACKING

The term “habit stacking,” first used by [SJ Scott](#) then further popularized by [James Clear](#), encourages the practice of incorporating a new habit into your routine by linking it with a current practice or habit. James Clear identifies this formula for habit stacking: After/Before [CURRENT HABIT], I will [NEW HABIT]. This week’s tips offer examples of how to practice habit stacking with the ongoing growth of storyboarding.

1 After **designing a unit of learning**, I will **identify what evidence to collect for my storyboard**.

Use a symbol in the margin of the unit design template to indicate evidence to be collected for the storyboard. See [this example](#), where red stars are used to earmark things that can be added to the storyboard.

2 Before **posting a long-term learning target**, I will **identify three possible artifacts to add the storyboard as evidence**.

Build storyboards in trios of evidence with the learning target as the anchor:

- a. Learning target, student work, a photo of students doing the work
- b. Learning target, a draft, and a final product
- c. Learning target, photos of students, student reflections
- d. Learning target, background knowledge, students questions and reflections of the background knowledge resources

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After **students reflect on their learning**, I will ask them what work they want to showcase on the storyboard as evidence of their learning.

When students reflect on a lesson or a unit, incorporate a regular practice of inviting students to identify work they want to see included on the storyboard. Students can bring their identified work to a closing circle to share and explain why they want to include their work on the storyboard. Prompts to consider:

- a. How does this work align with the Storyline and Deep Hope for our learning?
- b. How does this work show the practice of the Habits of Learning?
- c. How does this work show your practice of the Throughlines?



Clear, J. (2018). The best way to start a new habit. In *Atomic habits: The life-changing million copy bestseller* (pp. 69–79). essay, Random House.