

Name: _____ Date: _____

Color this sheet

HABITS

What is a HABIT! Habits are the things we do over and over without even thinking. We have good habits and bad habits. The goal is to stop the bad habits and do more of the good habits.

What is a good habit?

What is a bad habit?

Our chore charts are meant to help us create good habits. In the boxes below color the habits you do in the morning **YELLOW**. Color the habits you do in the afternoon and evening **BLUE**. Color the habits you do more than once a day in **GREEN**.

**BRUSH
YOUR
TEETH**

**MAKE
YOUR
BED**

**EAT
HEALTHY
FOODS**

**READ
A
BOOK**

**GO TO OR
PRACTICE
KARATE**

**TAKE A
BATH OR
SHOWER**

**PUT
AWAY
TOYS**

**PLAY
OUTSIDE**

FAMILY DISCUSSION

Families need good routines and habits to work together! What is a habit you'd like to develop as a family? (Example: Eat breakfast together, read together before bed, laying out school clothes the night before, etc.)

How will you hold each other accountable when adding this new habit into your daily routine?
