

Name : _____

Date : _____

Grade : _____

10 Good Habits

Tick ☒ the habits you practice every day!

1.



Brush teeth
twice daily

6.



Keep toys tidy

2.



Wash hands
before eating

7.



Share with friends

3.



Say Please &
Thank you

8.



Do homework on
time

4.



Eat healthy fruits
& veggies

9.



Be kind & helpful

5.



Sleep early

10.



Exercise daily