

I Have Healthy Habits

by Sarah Stephen





SET THEME:

I Make Responsible Decisions

Build Social and Emotional Intelligence

To help children practice healthy habits:

- Discuss the different habits children have at home and school.
- Remind them that both children and adults need to follow healthy habits.
- Help them understand that healthy habits keep them and the people around them safe.

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How to Read This Book with Children

- 1** Read aloud the title. Define the word "habit."
- 2** Read aloud the book with children.
- 3** Talk about different ways children can be healthy as you read.
- 4** Ask children to describe how they feel when they practice a healthy habit.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the story to their own experiences.



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Do you know what a habit is?

A habit is something you do all the time.

Get enough sleep



Brush your teeth



I like having habits that help me stay healthy.
I do them every day!

Eat healthy foods



Exercise



I clean my hands with soap and warm water when I use the bathroom and before meals.

Mom taught me a trick to make sure I wash my hands for enough time:

sing a song!





I like to sing. Mom says I have a really good voice!

My favorite song to sing while I wash my hands is "Mary Had a Little Lamb."



Achoo! I cover my nose and mouth when I need to sneeze.

That way, germs don't get in the air. Germs can make us sick.



Mom always has an extra tissue in case
I need one!

