

My Good Habits Chart

Color a star each day you do it!

Name: _____

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Brush my teeth	★	★	★	★	★	★	★
 Make my bed	★	★	★	★	★	★	★
 Wash my hands	★	★	★	★	★	★	★
 Eat my veggies	★	★	★	★	★	★	★
 Clean up my toys	★	★	★	★	★	★	★
 Read a book	★	★	★	★	★	★	★
 Be kind	★	★	★	★	★	★	★
 Bed on time	★	★	★	★	★	★	★

Kindness Bingo

Color a square each time you do something kind. Can you get four in a row?

Share a toy 	Say please 	Say thank you 	Give a hug 
Help set the table 	Make a card for someone 	Hold the door 	Invite someone to play 
Help clean up 	Smile at someone 	Water a plant 	Read to someone 
Take turns 	Say sorry 	Help a friend 	Say something kind 

Kindness is my superpower!

Kindness Coupons

Color them, cut them out and give them to someone special.

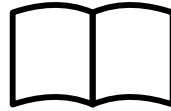
KINDNESS COUPON



Good for one
BIG HUG

From: _____

KINDNESS COUPON



I'll read you
A STORY

From: _____

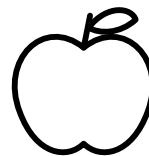
KINDNESS COUPON



I'll clean up
MY TOYS

From: _____

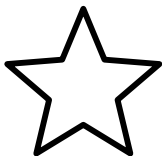
KINDNESS COUPON



I'll share
MY SNACK

From: _____

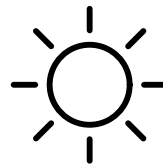
KINDNESS COUPON



I'll help you
SET THE TABLE

From: _____

KINDNESS COUPON



Good for one
GIANT SMILE

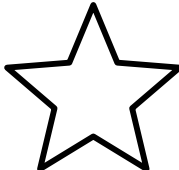
From: _____

Sparkly Teeth Tracker

Brush every morning and every night, then color a tooth.

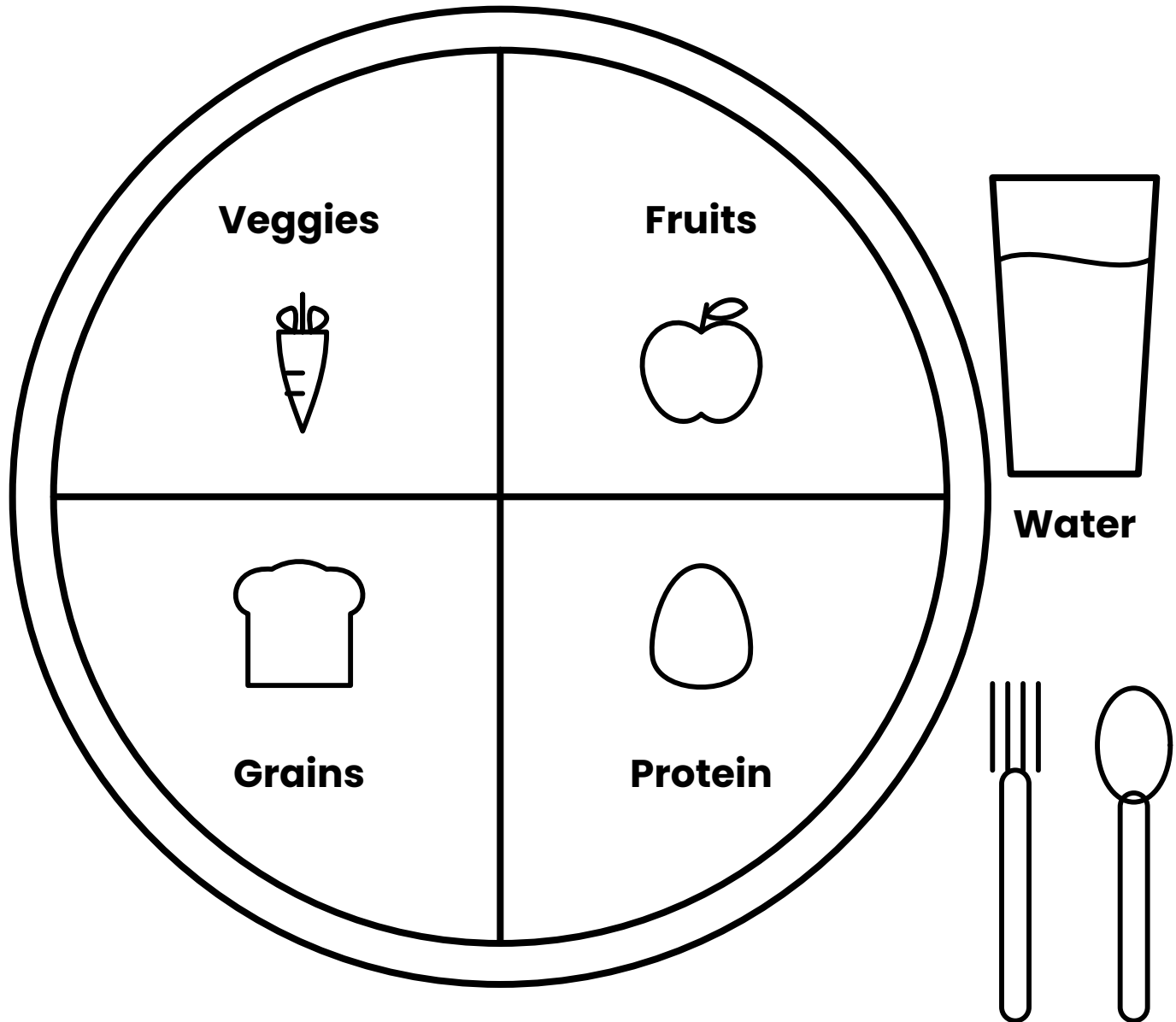
Month: _____

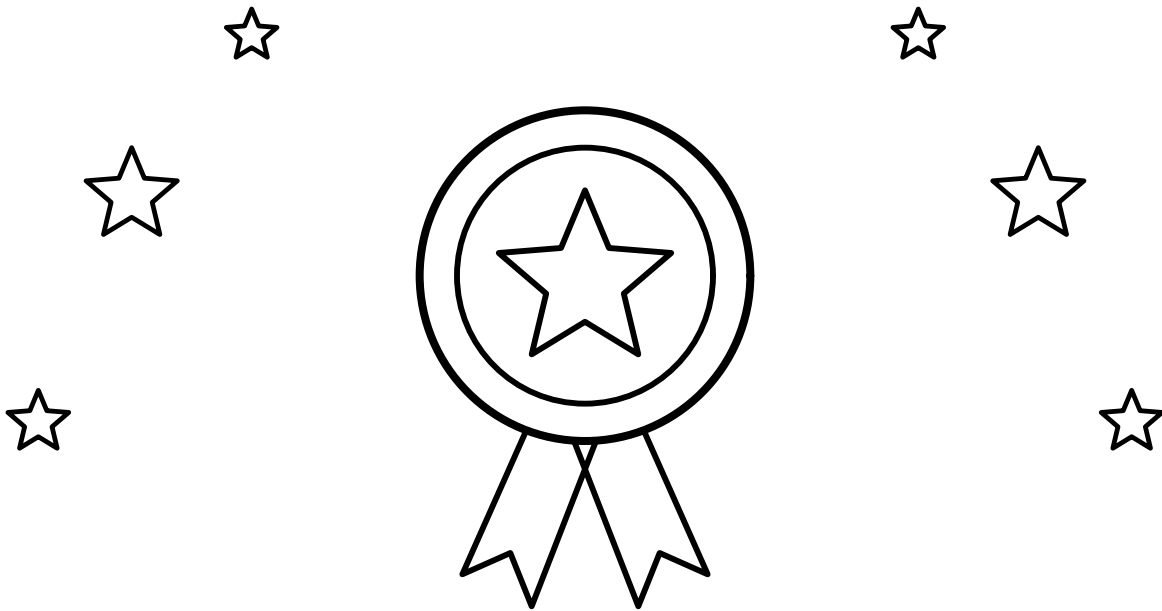
☀ morning 🌙 night

1   ☀ 🌙	2   ☀ 🌙	3   ☀ 🌙	4   ☀ 🌙	5   ☀ 🌙	6   ☀ 🌙	7   ☀ 🌙
8   ☀ 🌙	9   ☀ 🌙	10   ☀ 🌙	11   ☀ 🌙	12   ☀ 🌙	13   ☀ 🌙	14   ☀ 🌙
15   ☀ 🌙	16   ☀ 🌙	17   ☀ 🌙	18   ☀ 🌙	19   ☀ 🌙	20   ☀ 🌙	21   ☀ 🌙
22   ☀ 🌙	23   ☀ 🌙	24   ☀ 🌙	25   ☀ 🌙	26   ☀ 🌙	27   ☀ 🌙	28   ☀ 🌙
29   ☀ 🌙	30   ☀ 🌙	31   ☀ 🌙	 I did it! Color the star at the end.			

My Healthy Plate

Draw and color healthy foods in each part of the plate.





Good Habit Hero!

This award goes to

for being a star at

Signed _____ Date _____