



Good Habits

What Are Good Habits?

Good habits are the right things we do every day that help us stay clean, healthy, happy, and kind.

Examples of Good Habits:

Good Habit	Why It Is Good
Brush your teeth twice a day	Keeps your teeth clean and strong
Wash your hands before eating	Keeps germs away and prevents sickness
Take a bath every day	Keeps your body clean and fresh
Eat healthy food	Makes your body strong and full of energy
Drink clean water	Helps you stay healthy
Throw waste in the dustbin	Keeps your home and school clean
Sleep early and wake up early	Helps your body rest and feel fresh
Say "Please" and "Thank you"	Shows you are polite and respectful
Finish your homework on time	Makes you responsible and helps you learn
Respect elders and help others	Makes everyone happy and builds good values
Do not waste food or water	Teaches you to care for resources
Play and share with friends	Helps you make friends and be kind



Why Good Habits Are Important?

- They make you a good person
- They keep you clean and healthy
- They help you learn and grow

