

# Habits at Home

## May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Make a choice to eat three healthy things. (Habit 7)	2 Play a game at recess that uses teamwork. (Habit 6)	3 Really listen to someone who has a problem. (Habit 5)	4 Take time to reflect on your week so far. (Habit 7)	5 Make your bed this morning so it's ready for tonight. (Habit 1)
6 Do a favor for your parents before playing. (Habit 3)	7 Lay out your clothes for tomorrow. (Habit 2)	8 Create a family goal that helps everyone. (Habit 4)	9 Choose reading before playing. (Habit 3)	10 Help find a solution to a problem. (Habit 5)	11 Enjoy a healthy snack. (Habit 7)	12 Work together as a family to create a workout. (Habit 6)
13 Let someone else explain a game. (Habit 5)	14 Offer your help to a family member. (Habit 1)	15 Take time to read before you play. (Habit 3)	16 Help a family member with a chore. (Habit 4)	17 Make a plan to be your best today. (Habit 2)	18 Tell someone in your family why they are important. (Habit 1)	19 Exercise as a family. (Habit 7)
20 Take time to listen to someone in your family. (Habit 5)	21 Pitch In: Everyone helps clean for 15 min. (Habit 6)	22 Give your mom and dad a sincere compliment (Habit 4)	23 Choose something to improve upon. (Habit 2)	24 Include a classmate that's been left out. (Habit 1)	25 Play a family game involving teamwork. (Habit 6)	26 Go for a walk. (Habit 7)
27 Make outside cleaner: pick up a piece of trash. (Habit 4)	28 Pick your clothes out for the week. (Habit 2)	29 Create a piece of art with a family member. (Habit 7)	30 Practice active listening versus pretend listening. (Habit 5)	31 Sleep a little extra - it is summer break! (Habit 7)		