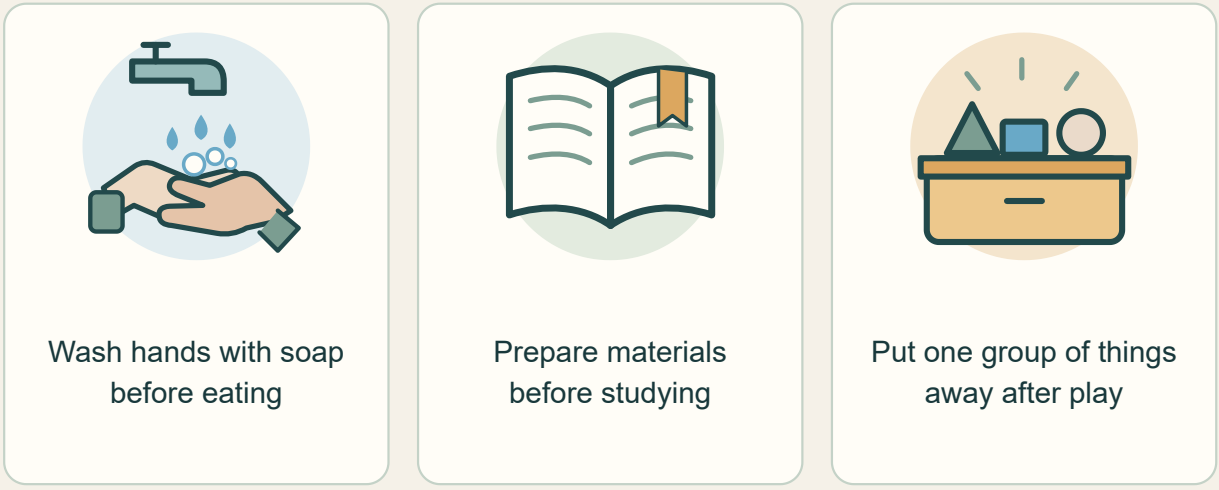
Child and family habit worksheet

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Helpful everyday habits



Original editorial text and illustration · Student Wyckoff

One week

Use an adult’s help where needed. Choose one manageable action; mark attempts without blame or public ranking.

My action	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wash hands with soap before eating							
Prepare materials before studying							
Put one group of things away after play							

Helpful and unhelpful habits for children, teenagers and adults

A habit is an action often repeated in a familiar situation. Its usefulness depends on consequences and context: checking messages at a chosen time can help, while opening every alert during a lesson interrupts learning. A fourth-grade child can discuss the table with an adult, recognise one example and choose a replacement without being labelled a “bad child”. Handwashing at relevant times, varied food, rest and suitable activity are everyday health practices; this list is not treatment or an individual health programme.

Situation	Unhelpful repetition	Helpful replacement
Child before eating	Forgets to wash hands	Use a clear cue and wash with soap
Child after playing	Leaves objects in the walkway	Put away one category with an adult
Teenager studying	Opens every notification	Agree on a time to check messages
Teenager before bed	Keeps scrolling without an endpoint	Choose a stopping point and a calm activity
Adult working	Works without planned pauses	Reserve suitable breaks in the plan
Any age	Starts without necessary materials	Prepare what the first step needs

A small school project

With an adult, choose one action from the pictures, observe three days and write what helped. Record your own facts; do not invent a successful result.

Question: _____

What I will try: _____

Day	What I noticed
1	
2	
3	

My conclusion