

OUR MORNING ROUTINE!

A morning routine helps your family start the day off right. Practice these healthy habits your child can do every morning. Recycle the badges daily so that your child can earn them as they learn new behaviors.

- 1) Say "Good morning!" to someone.
- 2) Go to the bathroom.
- 3) Wash your face.
- 4) Brush your teeth.
- 5) Make your bed.
- 6) Eat a healthy breakfast.
- 7) Get dressed.



Color the badges and then cut them out along the dotted lines.

Talk with your child about the 7 things he or she can do in the morning to earn badges.

They can be done in any order.

For more activities, visit pbskidsforparents.org

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