

March 2017

### **Information page for My Book of Good Habits**

We present to you “My Book of Good Habits.” The goal of this book is to encourage adults to participate more fully in the character development of their children. After all, grownups are the most important people in a young child’s life; they are the primary educators of their children. This book focuses on daily habits in many areas: cleanliness, nutritious diet, safe play, daily study, to name a few. While sharing this book with their children, we hope adults will continually listen to their children, letting them know they will always be protected.

This book has many special features. Consider the artwork. We believe the use of colors and appealing illustrations will help make this book interesting to children.

Another feature is the way we believe it encourages interaction between parents and their children. Some sections can be modified to fit the unique circumstances of different families, cultures, environments, etc. The ways in which children learn and develop ways to protect themselves can provide good feedback for grownups to model their responses to situations raised in the book depending on different living situations.

This book was created by volunteers and developed with the help of Boston University Center for Advancement of Ethics and Character, Boston University School of Education, and Chelsea School System. The target group is adults with children from prekindergarten through the second grade. Special-needs schools and care facilities also will find this book helpful.

Translated page inserts are available for families whose primary language is not English (Spanish, Bosnian, Portuguese, French, Farsi) to help promote intergenerational literacy. The translation pages will be available on the website, [Medinstitute.org](http://Medinstitute.org) in 2017. Additional translations will become available as the need arises. This book is for personal and non-commercial use only.

Directions for printing the booklet:

1. Use paper that children can easily write on.
2. Use heavier stock than normal paper if possible.
3. Print in color and use both sides of the paper if possible.
4. Staple the left side after printing the pages.
5. If any specific translation is needed, it can be inserted before stapling, inside the back of the book.

Translations now available:

1. Spanish
2. French
3. Portuguese
4. Bosnian
5. Farsi





# MY BOOK of GOOD HABITS



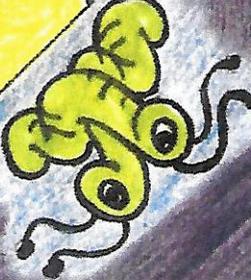
MY DAY

NAME \_\_\_\_\_

Written by Bonnie Lavoie, Mary Corcoran, and Karin Morin

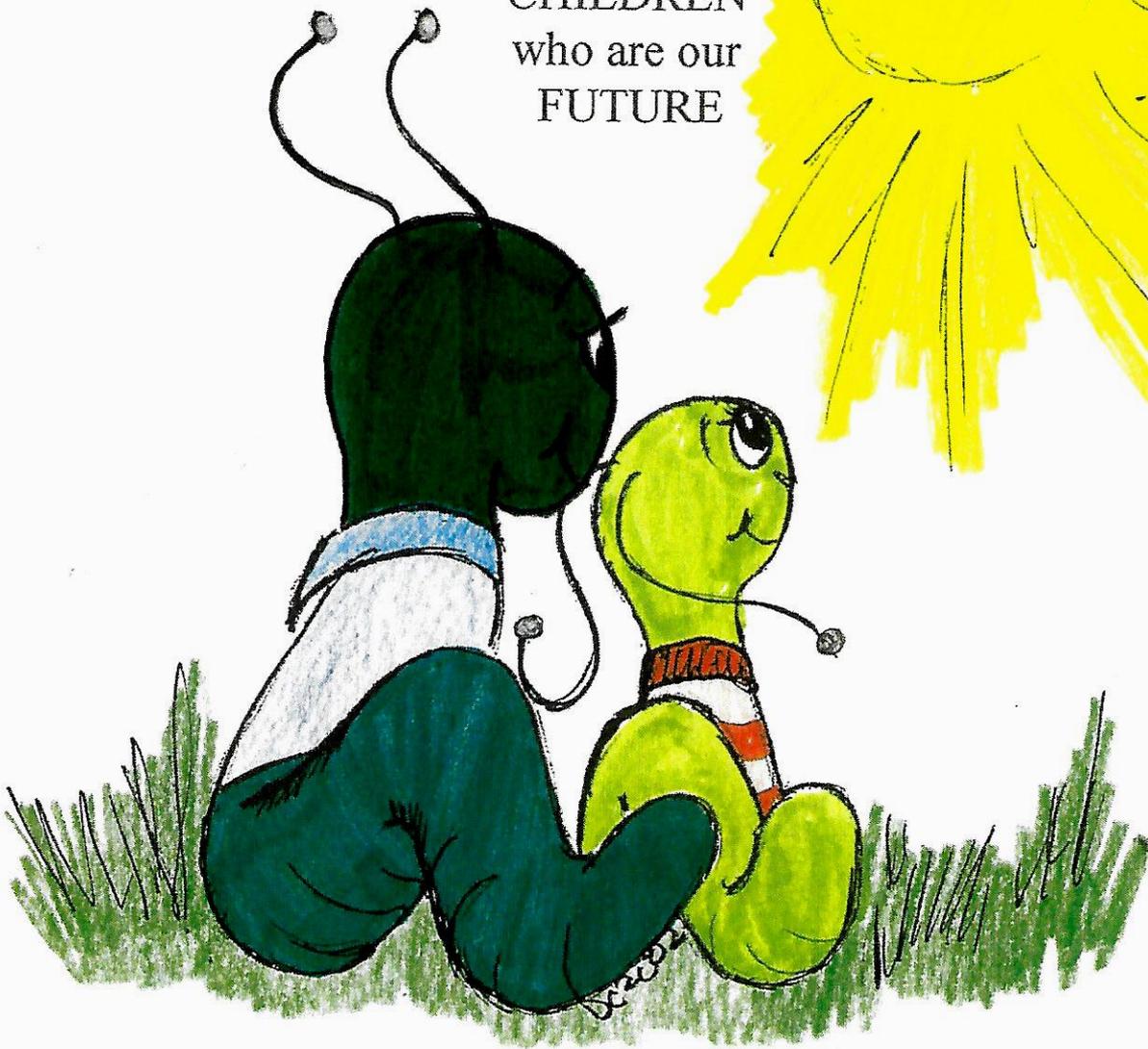
c2003

Illustrated by Debra Concannon c2002



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DEDICATED  
to our  
CHILDREN  
who are our  
FUTURE



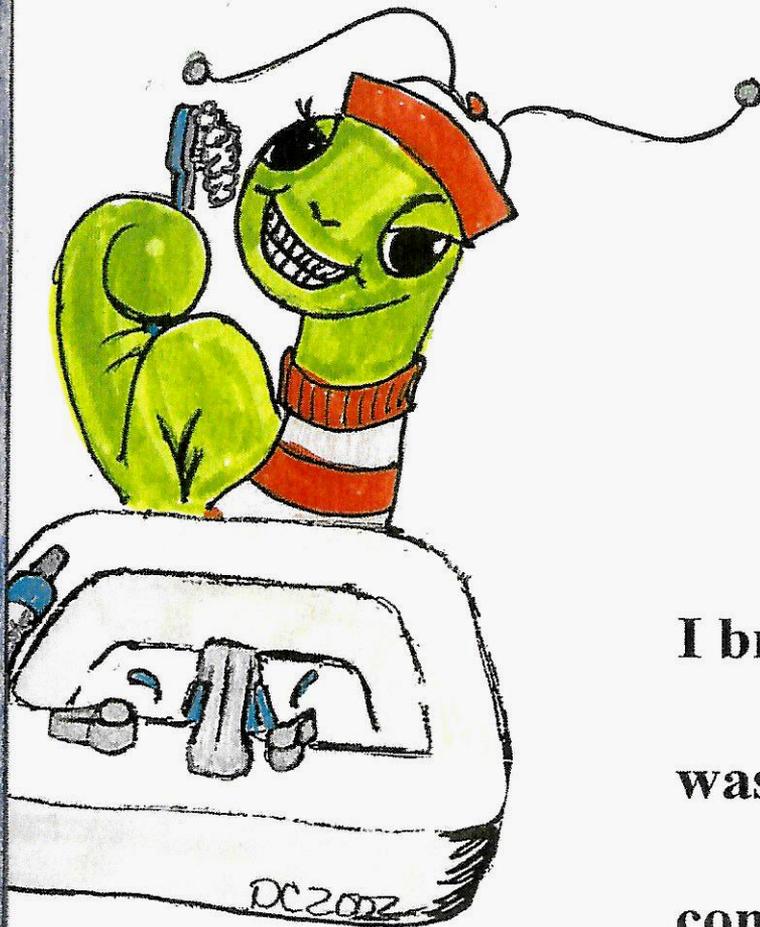
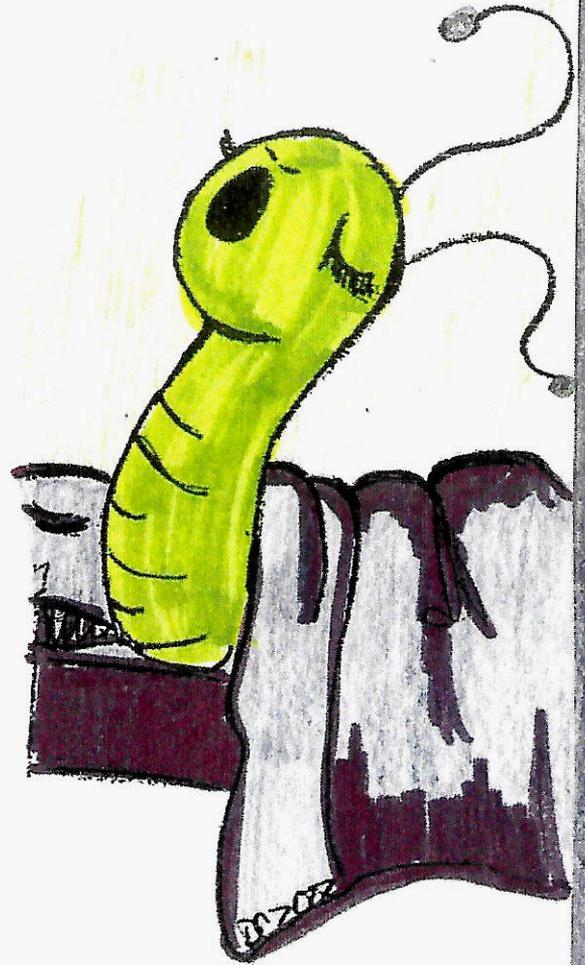
Dear Grown-up:  
This book is for you and your child to use,  
so please place this booklet where your child  
can see it every day.

# Before School

I get up in time to do these things:

I make my bed.

I dress myself or ask for help.



I brush my teeth  
and  
wash my face and hands  
and  
comb my hair.

Both my mind and my body need a  
**good breakfast**  
to start the day.

Food is my fuel to get me through the morning.

I like to eat \_\_\_\_\_



# At School

I listen and learn from my teacher.

I use words to solve problems.

My hands and feet are not to hurt other people.

I am kind to other boys and girls.

I like to make new friends.

I wait my turn.



# After School

I take time to do my homework.

Watching too much television or playing video games takes time away from playing and reading.

There are other important things to do.

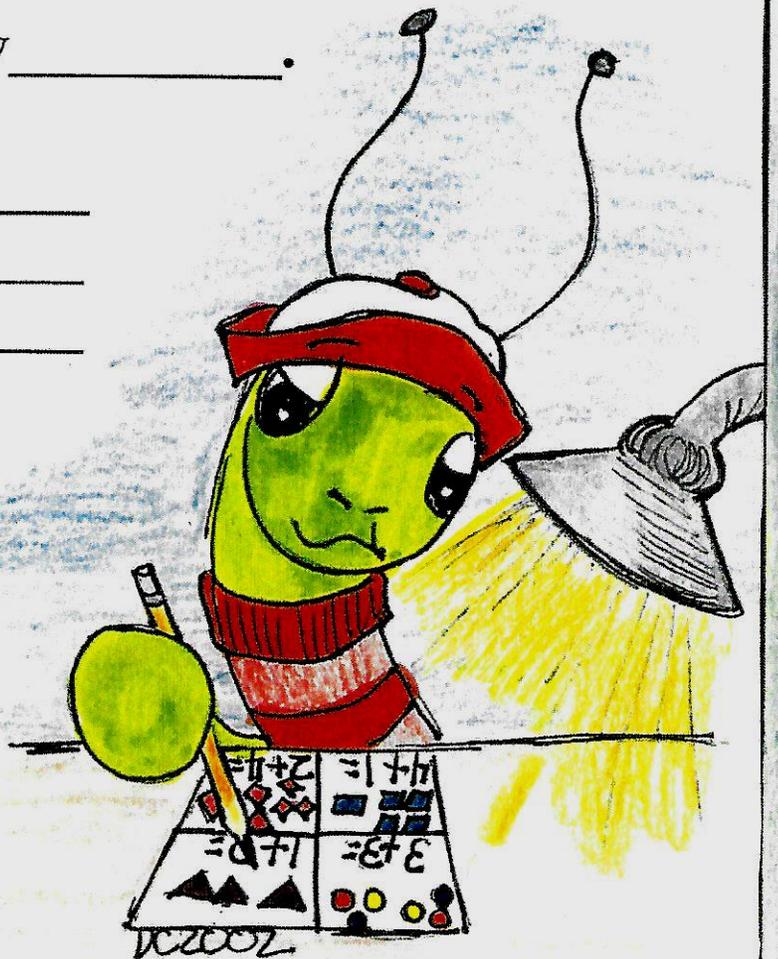
I can help my family by \_\_\_\_\_.

I also like to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



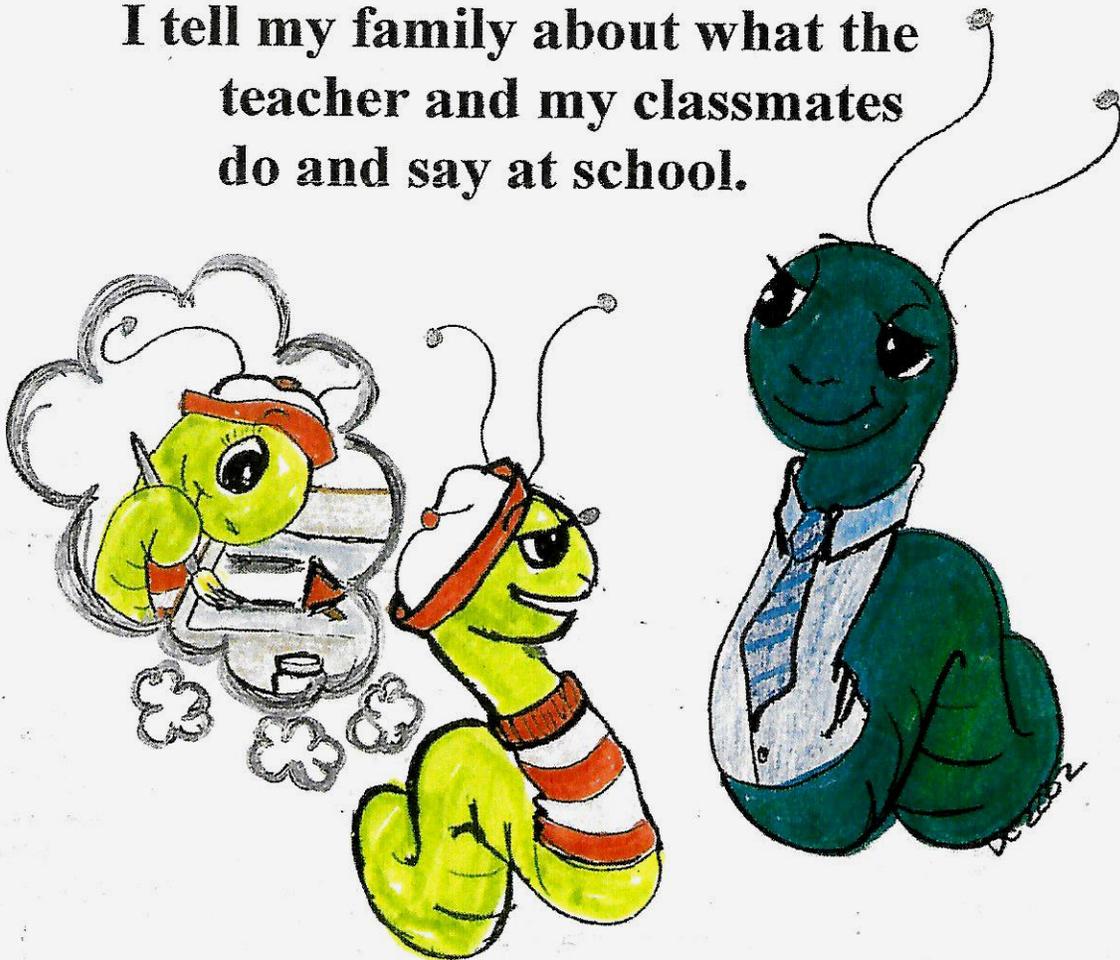
# Later

I eat a good meal.

**Talking** with my family is important.

We talk about our day.

I tell my family about what the  
teacher and my classmates  
do and say at school.



# Some Time

## During the Day

I read with someone, I read to myself,  
or I read to my family.

I think about something  
I did well today.  
I am thankful for

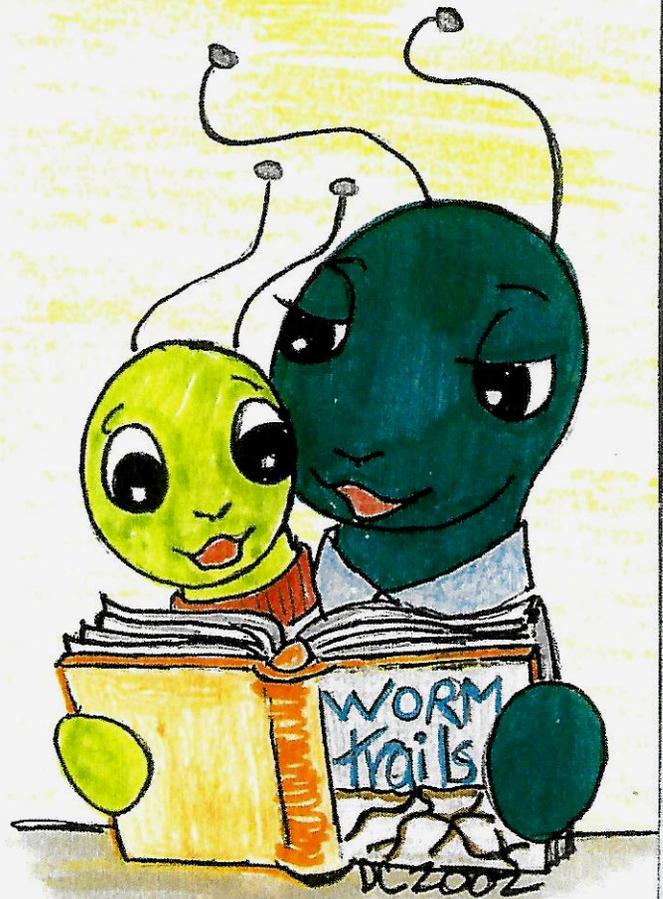
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I think about something  
nice that I can do for  
someone tomorrow.

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Tomorrow I would like to:

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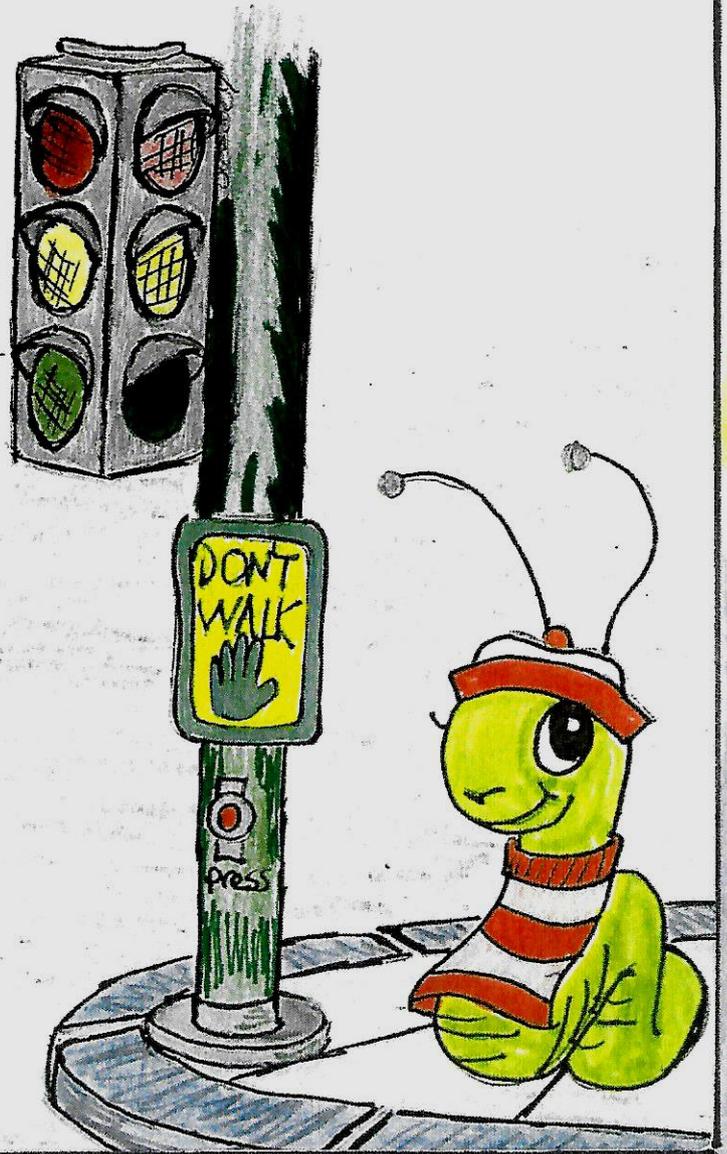
# Every Day

I can help myself be safe

I wear my seat belt in the car.

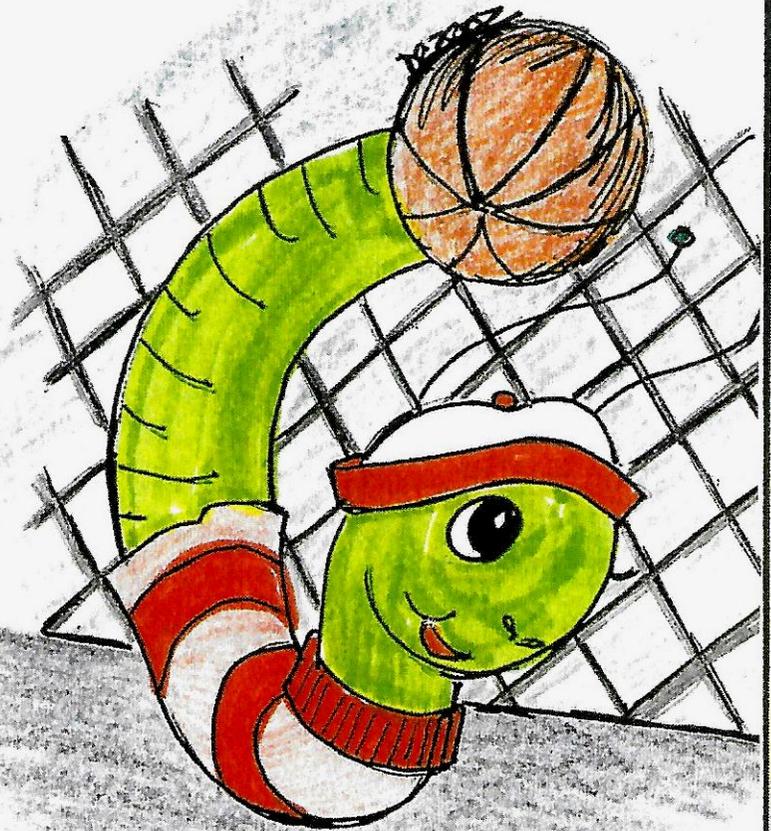
I stay in my seat and follow the rules in a bus  
or train.

I remember to **STOP,**  
**LOOK**  
and **LISTEN**  
when I cross the street.



**I obey safety rules  
when I play by myself  
or with my friends.**

**I wear shoes when I go  
outside.**



**When I see things that  
could be dangerous  
I tell a grown-up.**

**Things that could be dangerous are:**

---

---

When I get hurt or feel sad,  
I make sure I tell somebody.

If I ever feel unsafe, I will  
**YELL** and **TELL** a grown-up.



I do not keep secrets from my family.

# Every Day

I can help myself be  
healthy

**I always** wash my hands  
after I go to the bathroom.

**I always** wash my hands  
before I eat.



**Every morning** after I get up

**Every night** before I go to bed,

I wash myself and  
brush my teeth.

Some days I take  
a bath or shower  
so I am clean  
all over.



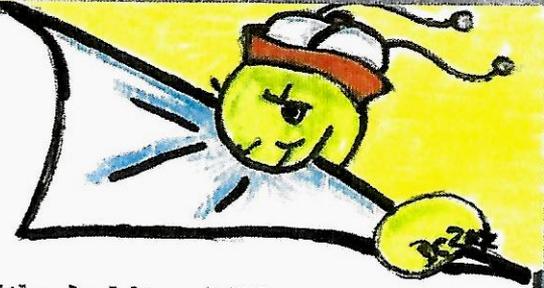
I take good care of myself  
because

There is only one me

I am special!



**Dear Adult:**



**AS ADULTS WE KNOW** that in order to learn healthy habits, children need a measure of self-discipline.

**HEALTHY HABITS AND ROUTINES** give your children a sense of security and will help them make better, safer decisions.

**YOU ARE YOUR CHILD'S BEST EXAMPLE.**

By consistently following through on these suggested points, you will help your child along the road to good health.

\*Observe **SAFETY RULES** yourself, and help your child to **LEARN** them.

For example:

Teach your child about the dangers of:

- \*taking other peoples medicines
- \*smoking and cigarettes
- \*playing with fire (matches)
- \*guns
- \*looking at violent media

Teach your child the importance of wearing car seat belts.

\*Maintain good hygiene to keep your family healthy.

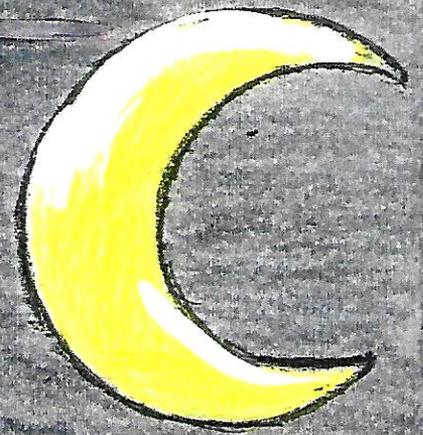
\*Help yourself and your family to eat well and exercise every day.

\*Take **TIME** to **TALK** and **LISTEN** to your child, especially if she/he is angry or sad.

\***READ** to your child. It is one of the most important activities you can share.

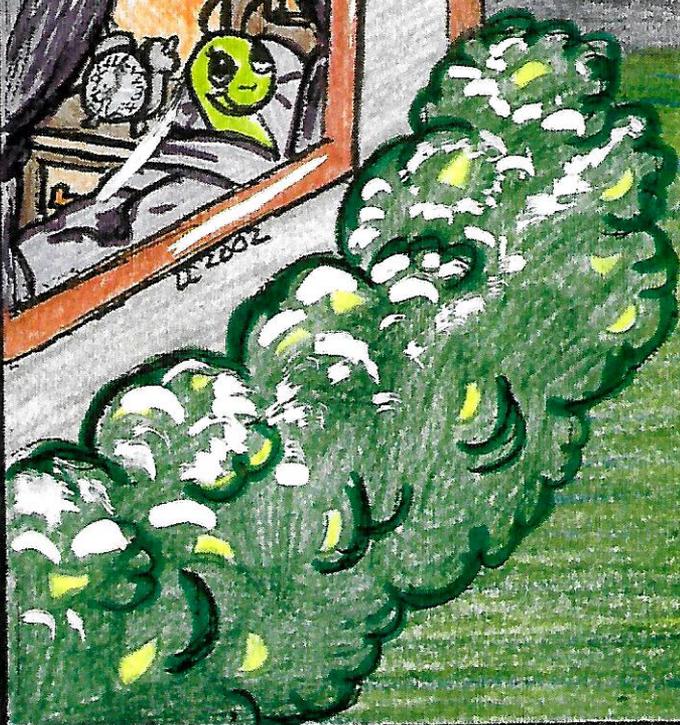
**Take TIME to ENJOY your child!**

**YOU ARE THE MOST IMPORTANT PERSON IN YOUR CHILD'S LIFE.**



The

End





MY BOOK  
 of  
 GOOD  
 HABITS



MY DAY

NAME \_\_\_\_\_

Written by Bonnie Lavoie, Mary Corcoran, and Karin Morin

c2003

Illustrated by Debra Concannon c2002



## Written Content for Book of Good Habits: March 5, 2004

Cover:

**Mi Libro de Buenos Hábitos**

Mi Día

Nombre \_\_\_\_\_

[Ilustrado por Debra Concannon]

Inside Cover:

Dedicado a nuestros niños, que son nuestro futuro

Estimado Adulto:

Este libro es para usted y su niño/a.

Entonces, por favor póngalo donde su niño/niña lo pueda ver todos los días.

P1:

**Antes de la Escuela**

**Me levanto con tiempo para poder hacer lo siguiente:**

Arreglo la cama.

Me visto o pido ayuda.

Me cepillo los dientes

y

me lavo la cara y las manos

y

me peino.

P. 2:

Mi mente y mi cuerpo necesitan un

**buen desayuno**

para empezar el día.

La comida es el combustible que me ayudará a pasar la mañana.

Me gusta comer \_\_\_\_\_

P3:

**En la Escuela**

Escucho y aprendo de mi maestra.

Uso las palabras para resolver mis problemas.

No uso mis manos y pies para lastimar a los demás.

Soy bondadoso con los otros niños y niñas.

Me gusta hacer amigos nuevos.

Espero mi turno.

P-4.

**Después de la Escuela**

Dedico tiempo a hacer mis tareas..

Mirar demasiada televisión o juego videos me dejan sin tiempo para jugar y leer.

Hay otras cosas importantes que debo hacer.

Puedo ayudar a mi familia a hacer lo siguiente: \_\_\_\_\_.

También me gusta \_\_\_\_\_.

P 5:

**Más Tarde**

Como bien.

**Hablar con mi familia es importante.**

Hablamos sobre cómo nos ha ido el día.

Le cuento a mi familia lo que

mi maestra y mis compañeros

dicen y hacen en la escuela

P6:

**Durante el Día**

Leo con alguien, leo solo,

o le leo a mi familia.

Pienso sobre algo

que hice bien hoy.

Doy gracias por \_\_\_\_\_.

Pienso en algo bueno

que puedo hacer

por alguien mañana \_\_\_\_\_.

Mañana me gustaría \_\_\_\_\_.

p. 7

**Todos los Días**

**Yo puedo colaborar para mi seguridad.**

Me pongo el cinturón de seguridad en el carro.

En el autobús o en el tren,

me quedo en mi asiento y sigo las reglas.

Cuando cruzo la calle.

recuerdo que debo **PARAR**

**MIRAR**

y **ESCUCHAR**

P. 8

Cuando juego solo

o con mis amigos,  
sigo las reglas de seguridad.

Cuando salgo afuera,  
me pongo los zapatos.

Cuando veo algo que  
pudiera ser peligroso,  
se lo digo a un adulto.

Las cosas que pueden ser peligrosas son \_\_\_\_\_.

P. 9

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Cuando me lastimo o me siento triste,  
se lo cuento a alguien.

Si alguna vez me siento en peligro,  
**GRITARÉ y SE LO DIRÉ** a un adulto.

**No guardo secretos con mi familia.**

P. 10

**Todos los Días**

**Contribuyo a mantenerme saludable.**

**Siempre me lavo las manos**  
después de ir al baño.

**Siempre me lavo las manos**  
antes de comer.

P. 11

**Todas las mañanas, después de levantarme, y**  
**todas las noches, antes de acostarme**

me lavo y me  
cepillo los dientes.

Me baño o me ducho  
para tener el cuerpo limpio.

P. 12

Me cuido bien  
porque  
soy único.

**Soy especial.**

## **Estimado Adulto:**

**Como adultos sabemos** que para aprender hábitos saludables, los niños necesitan auto-disciplina.

**Los hábitos saludables y las rutinas** le proporcionan a sus niños un sentido de seguridad que les ayudará a tomar buenas decisiones.

**Usted es el mejor ejemplo para su niño/a.**

Si sigue estas sugerencias de manera consistente, ayudará a su niño/a a seguir un camino saludable..

**\*Observe las reglas de seguridad** usted también, y enséñeselas a su niño/a.

Por ejemplo:

Muéstrele a su niño/a el peligro de:

- \*tomar las medicinas de otra persona
- \*los cigarrillos y de fumar
- \*jugar con el fuego (o con fósforos)
- \*las armas
- \*ver violencia en los medios de comunicación

Enséñele a su niño/a la importancia de llevar puesto el cinturón de seguridad en el carro.

**\*Mantenga la buena higiene** para tener una familia saludable.

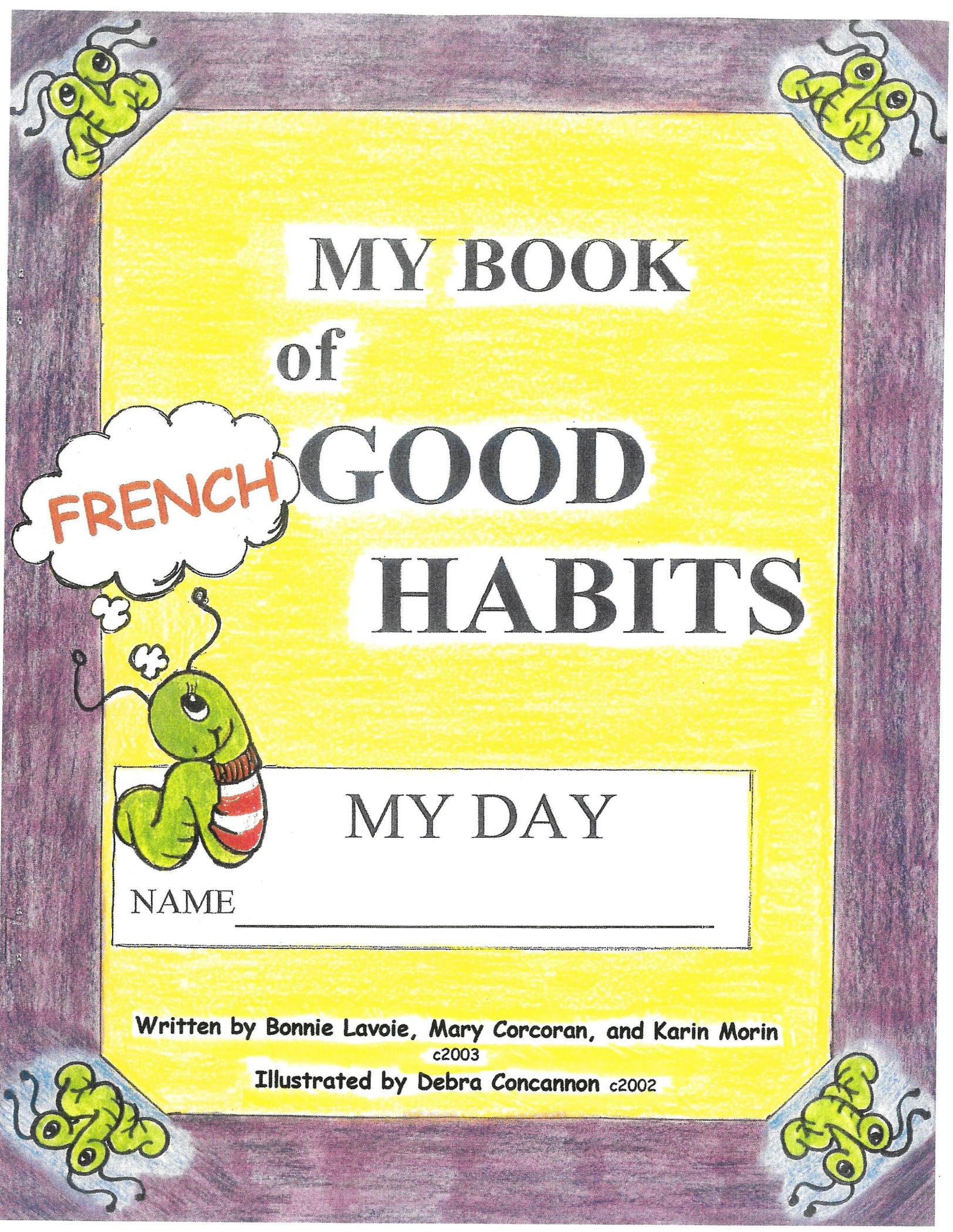
**\*Coma bien y haga ejercicio** cada día, y ayude a su familia a hacer lo mismo.

**\*Dedique tiempo a HABLAR y ESCUCHAR** a su niño/a, particularmente si está enojado/a o triste.

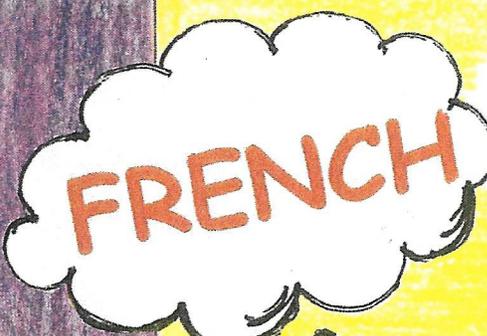
**\*LÉALE** a su niño/a. Es una de las actividades más importantes que puede compartir.

**¡Disfrute a su niño/a!**

**Usted es la persona más importante en la vida de su niño/a.**



MY BOOK  
of  
GOOD  
HABITS



FRENCH



MY DAY

NAME \_\_\_\_\_

Written by Bonnie Lavoie, Mary Corcoran, and Karin Morin

c2003

Illustrated by Debra Concannon c2002

**Written Content for Book of  
Good Habits: March 5, 2004**

Cover:  
**My Book of Good Habits**  
My Day  
Name \_\_\_\_\_  
[Illustrated by Debra Concannon

Inside Cover:  
Dedicated to our children who are our  
future

Dear Grown-up:  
This book is for you and your child to use.  
So please place this booklet where your  
child can see it every day.

P1:  
**Before School**  
**I get up in time to do these things:** I  
make my bed.  
I dress myself or ask for help.  
I brush my teeth  
And  
wash my face and hands and comb my  
hair.

P. 2:  
Both my mind and my body need a  
**good breakfast**  
To start the day. Food is my fuel to get me  
through the morning.  
I like to eat \_\_\_\_\_

P3:  
**At School**  
I listen and learn from my teacher. I use

Cover:  
**Mon Livre des Bonnes Habitudes**  
Ma journée  
Nom: \_\_\_\_\_  
Illustré par Debra Concannon

Inside Cover:  
Dédié aux enfants qui sont notre futur

Chers adultes,  
Ce livre est pour vous et vos enfants à lire  
ensemble. Prière de mettre ce livret là où  
votre enfant peut le voir tous les jours.

P1:  
Avant l'école  
**Je me lève à l'heure pour faire ces choses**  
**là:**  
Je fais mon lit  
Je m'habille ou bien je demande de l'aide  
pour le faire.  
Je me brosse les dents et je me lave la  
figure et les mains. Je me peigne les  
cheveux.

P.2:  
Mon esprit et mon corps ont besoin d'un  
**bon petit déjeuner** pour bien commencer la  
journée.  
La bonne nourriture est essentielle passer  
un bonne matinée  
Moi, j'aime manger \_\_\_\_\_

words to solve problems. My hands and feet are not to hurt other people. I am kind to other boys and girls. I like to make new friends.

I wait my turn.

P4:

**After School**

I take time to do my homework. Watching too much television or playing video games takes time away from playing and reading. There are other important things to do. I can help my family by \_\_\_\_\_. I also like to \_\_\_\_\_.

P 5:

**Later**

I eat a good meal.

**Talking** with my family is important.

We talk about our day. I tell my family about what the teacher and my classmates

do and say at school.

P6:

**Some time during the day**

I read with someone, I read to myself, or I read to my family. I think about something I did well today.

I am thankful for \_\_\_\_\_.

I think about something nice that I can do for

someone tomorrow \_\_\_\_\_.

Tomorrow I would like to \_\_\_\_\_.

p. 7

**Every Day**

**I can help myself be safe**

I wear my seat belt in the car.

I stay in my seat and follow the rules in a

**P3:**

**À l'école**

J'écoute mon institutrice et j'apprends d'elle.

J'emploi les paroles pour résoudre les problèmes. Je n'utilise pas mes mains et mes pieds pour faire du mal aux autres. Je suis gentil avec les autres garçons et les filles. J'aime me faire de nouveaux amis. J'attends mon tour.

P4:

**Après l'école**

Je prends du temps pour faire mes devoirs. La télévision et les jeux électronique ne m'empêchent pas de jouer avec mes amis et de faire de la lecture. Je peux aider ma famille en \_\_\_\_\_.

J'aime aussi \_\_\_\_\_.

P5:

**Plus tard**

Je mange un bon repas.

**Causer** avec ma famille, c'est important.

Nous parlons de notre journée

Je raconte à ma famille ce que disent

l'institutrice et mes camarades de classe.

P6:

**Pendant la journée**

Je lis avec quelqu'un, Je lis à moi-même, ou je lis à ma famille.

Je réfléchis au sujet de quelque chose que j'ai bien fait aujourd'hui.

Je suis reconnaissant de \_\_\_\_\_.

Je pense à quelque chose de bien que je peux faire pour quelqu'un demain.

Demain, je voudrais \_\_\_\_\_.

P7:

**Chaque Jour**

Je peux me protéger.

<p>bus Or train. I remember to <b>STOP</b> <b>LOOK</b> and <b>LISTEN</b> when I cross the street.</p> <p>P. 8 I obey safety rules when I play by myself or with my friends. I wear shoes when I go outside. When I see things that could be dangerous I tell a grown-up. Things that could be dangerous are _____</p>	<p>Je mets ma ceinture de sécurité. Je reste assis et je suis les règles dans le bus ou le train. Je me souviens de <b>REGARDER</b> dans les deux sens avant de traverser la rue.</p> <p>P8: Moi, je suis les règles de sécurité quand je joue seul où avec des amis. Je mets les chaussures avant d'aller dehors. Quand je vois quelque choses qui pourraient être dangereux, Je previens un adulte. Les choses qui pourraient être dangereuses sont _____</p>
<p>P. 9 When I get hurt or feel sad, I make sure I tell somebody. If I ever feel unsafe, I will <b>YELL and TELL</b> a grown-up. I do not <b>keep secrets from my family.</b></p>	<p>P9: Quand je suis blessé où si je me sens triste, Je suis sûr de le dire à quelqu'un Si jamais je me sens en danger, je <b>CRIERAI</b> et je le <b>DIRAI</b> à un adulte. <b>Je ne garde pas de secrets de ma famille.</b></p>
<p>P. 10 <b>Every Day I can <u>help myself</u> be healthy</b> <b>I always wash my hands</b> after I go to the bathroom. <b>I always wash my hands</b> before I eat.</p>	<p>P10: <b>Chaque Jour</b> Je peux m'aider à être de bonne santé Je me lave toujours les mains après avoir été aux toilettes. Je me lave <b>toujours</b> les mains avant de manger.</p>
<p>P. 11 <b>Every morning</b> after I get up <b>Every</b> <b>night</b> before I go to bed I wash myself and brush my teeth. Some days I take a bath or shower so I am clean all over</p>	<p>P11: <b>Chaque matin</b> après que je me lève <b>Chaque soir</b> avant de me coucher je me lave et je me brosse les dents. Quelquefois je prends un bain ou une douche pour être bien propre</p>
<p>P. 12 I take good care of myself Because There is only one me. <b><u>I am special</u></b></p>	<p>P12: Je prends soin de moi-même parce que je suis unique.</p>

**Dear Adult:**

As adults we know that in order to learn healthy habits, children need a measure of self-discipline.

Healthy habits and routines give your children a sense of security and will help them make better, safer decisions.

**YOU ARE YOUR CHILD'S BEST EXAMPLE.**

By consistently following through on these suggested points, you will help your child along the road to good health.

\*Observe **safety rules** yourself, and help your child to **learn** them. For example:

Teach your child about the dangers of:

- \*taking other peoples medicines
- \*smoking and cigarettes
- \*playing with fire (matches)
- \*guns
- \*looking at violent media

Teach your child the importance of wearing car seat belts.

\*Maintain good hygiene to keep your family healthy.

\*Help yourself and your family to eat well and exercise every day.

\*Take **TIME** to **TALK** and **LISTEN** to your child, especially if she/he is angry or sad.

**READ** to your child. It is one of the most important activities you can share.

**Take TIME to ENJOY your child!**

**YOU ARE THE MOST IMPORTANT PERSON IN YOUR CHILD'S LIFE.**

**Je suis spécial.**

**Chers Adultes:**

Entant qu'adulte, on sait que les enfants ont besoin d'un grande mesure de discipline de soi-même pour apprendre les bonnes habitudes.

Les bonnes habitudes et routines donneront à votre enfant un sens de sécurité. Aussi elles aideront aux enfants de prendre de meilleures et plus prudentes décisions.

**LE MEILLEUR EXEMPLE, C'EST VOUS.**

En suivant ces suggestions, vous aiderez à votre enfant suivre le chemin de bonne santé.

\*Observez vous-même les **règles de sécurité**, et **enseignez-les** à votre enfant. Par exemple:

Enseignez à votre enfant de:

\*Ne pas prendre les médicaments des autres

\*Ne pas fumer

\*Ne pas jouer avec le feu ou les allumettes

\*Ne pas toucher les pistolets ou les armes

\*Ne pas regarder la violence à la télé

Enseignez l'importance de toujours mettre les ceintures de sécurité

Maintenez le bon hygiène pour maintenir la santé de famille.

Il est important pour vous et votre famille de manger de bons repas et de faire des exercices chaque jour.

**PRENEZ TEMPS** pour **PARLER AVEC** et **ÉCOUTER** votre enfant, surtout dans les cas de colère ou tristesse. C'est l'activité la plus importante.

**LIRE** avec votre enfant, c'est une des activités la plus important à partager

**PRENEZ LE TEMPS de VOUS  
AMUSER ENSEMBLE** avec votre  
enfant!

**LA PERSONNE LA PLUS  
IMPORTANTE DANS LA VIE DE  
VOTRE ENFANT, C'EST VOUS.**



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 of  
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 HABITS

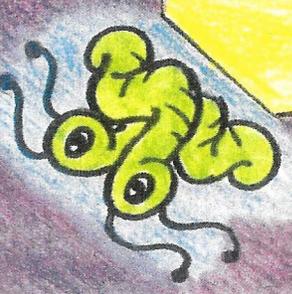


MY DAY

NAME \_\_\_\_\_

Written by Bonnie Lavoie, Mary Corcoran, and Karin Morin  
 c2003

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Naslovna stranica

MOJA KNJIGA DOBRIH NAVIKA

MOJ DAN

IME

Stranica nakon naslovne

Posvećena  
našoj djeci  
koja su naša  
budućnost

Poštovani odrasli,

Ova knjiga je stavljena na korištenje vama i vašoj djeci. Stavite je na vidno mjesto kako bi stalno bila dostupna vašoj djeci.

Prva stranica

PRIJE ŠKOLE

Ja ustajem na vrijeme kako bi stigao/stigla napraviti sljedeće:

- Napraviti svoj krevet
- Obući se ili pitati za pomoć pri oblačenju
- Oprati zube
- Oprati lice i ruke
- Očešljati kosu

Druga stranica

Moj mozak i moje tijelo trebaju dobar doručak za uspješan početak dana.

Hrana je gorivo koje me pokreće u jutro.

Ja volim jesti:

Treća stranica

U ŠKOLI

Ja slušam svog učitelja i učim od njega/nje.

Ja koristim riječi pri rješavanju problema.

Moje ruke i noge ne služe da bi ozlijedile druge ljude.

Ja sam ljubazan/ljubazna prema drugim dječacima i djevojčicama.

Ja volim stjecati nove prijatelje.

Ja strpljivo čekam na svoj red.

Četvrta stranica  
POSLIJE ŠKOLE

Ja posvećujem dovoljno vremena svojim domaćim zadacima.  
Puno vremena provedenog u gledanju televizije i igranju video igara oduzima vrijeme od igre i neophodnog čitanja.

Postoje i druge važne stvari za napraviti.

Ja mogu pomoći svojoj obitelji sa \_\_\_\_\_

Ja isto tako volim da \_\_\_\_\_

Peta stranica  
KASNIJE

Ja pojedem dobar obrok.

Razgovor sa mojom obitelji je važan.  
Mi razgovaramo o svom danu.

Ja kažem svojoj obitelji što su moji učitelji i školski drugovi radili i rekli u školi.

Šesta stranica  
U TOKU DANA

Ja čitam sa nekim, čitam sam, ili čitam svojoj obitelji.

Razmišljam o nečem dobrom što sam danas napravio/napravila.  
Zahvalan/zahvalna sam za \_\_\_\_\_

Razmišljam o nečem dobrom što bih za nekoga mogao/mogla napraviti sutra.

Želio/Željela bih da sutra uradim \_\_\_\_\_

Sedma stranica  
SVAKI DAN

Ja vodim računa o svojoj sigurnosti.  
Ja vezujem sigurnosni pojas kada sam u autu.  
Ja mirno sjedim u svom sjedalu i slijedim pravila u autobusu ili vozu.

Sjetim se da Stanem, Pogledam lijevo i desno, i slušam kada prelazim ulicu.

Osmo stranica

Ja slijedim sigurnosna pravila kada se igram sam ili sa prijateljima.  
Ja se obujem prije nego idem vani.

Kada vidim stvari koje mogu biti opasne, reknem odrasloj osobi.

Stvari koje mogu biti opasne su: \_\_\_\_\_

Deveto stranica

Kada sam povrijeđen/a ili se osjećam tužno, to uvijek kažem nekome.

Ako se ikada budem osjećao/osjećala tužno, ja ću vikati i reći to nekom odraslom.

Ja nemam tajni od svoje obitelji.

Deseto stranica

SVAKI DAN

Ja čuvam svoje zdravlje.  
Uvijek perem ruke nakon odlaska u W.C.  
Uvijek perem ruke prije jela.

Jedanaesta stranica

SVAKO JUTRO nakon ustajanja  
SVAKU VEČER prije spavanja

Ja se perem i operem zube.  
Neke dane se kupam ili tuširam,  
tako da sam sav čist.

Dvanaesta stranica

Ja vodim brigu o sebi sato što sam samo jedan "ja".

Ja sam poseban.

K R A J

Poštovani odrasli:

Kao odrasli, mi znamo da, kako bi stekli dobre navike, djeca trebaju mjeru samodiscipline.

Zdrave navike i rutine daju vašoj djeci osjećaj sigurnosti i pomažu im pri pravljenu boljih i sigurnijih odluka.

Vi ste najbolji primjer svojoj djeci.

Slijedeći predložene točke, pomoći ćete svojoj djeci na putu ka dobrom zdravlju.

\* I sami poštuju pravila dobrog ponašanja kako bi ste pomogli svojoj djeci da ih nauče.

Na primjer:

Učite djecu da se čuvaju od:

- uzimanja tuđih lijekova
- pušenja i cigareta
- igranja sa vatrom (šibicama)
- pistolja
- gledanja nasilja u medijima

Govorite djeci o važnosti vezivanja sigurnosnog pojasa u autu.

\*Održavajte higijenu/čistoću kako bi vaša obitelj bila zdrava.

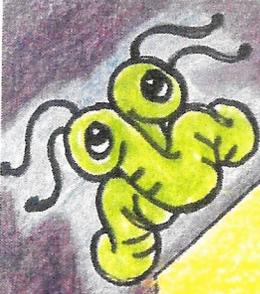
\* Pomozite svojoj obitelji da zdravo jede i da vježba svaki dan.

\* Nadjite vremena za razgovor sa svojom djecom i poslušajte ih, naročito kada su ljuti ili tužni.

\* Čitajte svojoj djeci. To je jedna od najvažnijih zajedničkih aktivnosti.

Nadjite vremena da uživete u svojoj djeci!

**VI STE NAJVAŽNIJA OSOBA U ŽIVOTU VAŠE DJECE.**



MY BOOK  
of  
**GOOD  
HABITS**



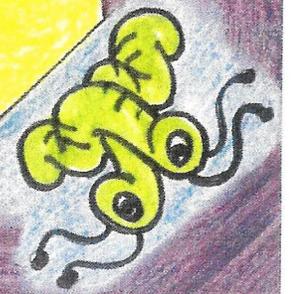
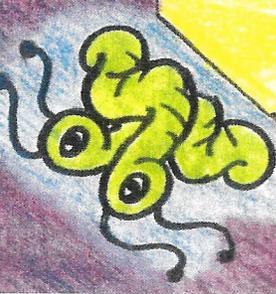
MY DAY

NAME \_\_\_\_\_

Written by Bonnie Lavoie, Mary Corcoran, and Karin Morin

c2003

Illustrated by Debra Concannon c2002



+Meu livro de BONS HÁBITOS

Meu dia

Nome \_\_\_\_\_

Ilustrado por Debra Concannon

DEDICADO

Às nossas crianças

Que são o nosso FUTURO

Queridos adultos:

Este livro é para você e seu filho usarem.

Então por favor coloque esta apostila onde seu filho possa vê-lo todos os dias.

ANTES DA ESCOLA

Eu levanto em tempo de fazer estas coisas:

Eu arrumo minha cama.

Eu me visto sozinho ou peço ajuda.

Eu escovo meus dentes,

lavo meu rosto, minhas mãos e penteio meu cabelo.

Tanto minha mente quanto meu corpo precisam de um BOM CAFÉ DA MANHÃ para começar o dia.

Comida é meu combustível para passar a manhã.

Eu gosto de comer \_\_\_\_\_

NA ESCOLA

Eu escuto e aprendo com minha professora.

Eu uso palavras para resolver os problemas.

Minhas mãos e meus pés não são para machucar as pessoas.

Eu sou gentil com os outros meninos e meninas.

Eu gosto de fazer novos amigos.

Eu espero minha vez.

DEPOIS DA ESCOLA

Eu faço minha tarefa.

Assistir muita televisão ou jogar video game toma o tempo que eu poderia estar brincando ou lendo.

Existem outras coisas importantes para fazer.

Eu posso ajudar minha família \_\_\_\_\_

Eu também gosto de \_\_\_\_\_

MAIS TARDE

Eu faço uma boa refeição

CONVERSAR com minha família é importante.

Nós conversamos sobre nosso dia.

I conto para minha família o que minha professora e meus colegas de aula falam na escola.

EM ALGUMA HORA DURANTE O DIA

Eu leio com alguém, sozinho ou para a minha família.

Eu penso sobre alguma coisa boa  
que eu tenha feito hoje.

Eu estou agradecido \_\_\_\_\_

Eu penso em alguma coisa boa que eu poderei fazer por alguém amanhã.

Amanhã eu gostaria de: \_\_\_\_\_

TODOS OS DIAS

Eu posso cuidar da minha segurança

Eu uso o cinto de segurança no carro.

Eu fico sentado no ônibus e no trem e obedeço as normas.

Eu me lembro de PARAR

OLHAR

e ESCUTAR

quando atravesso a rua.

Eu obedeço as normas de segurança

quando eu brinco sozinho ou com meus amigos.

Eu nunca saio descalço.

Sempre que eu vejo coisas que podem ser perigosas eu conto para um adulto.

Coisa que podem ser perigosas, são:

Quando eu me machuco ou fico triste,

eu conto para alguém.

Se em alguma situação eu me sentir inseguro, eu GRITO e CONTO para um adulto.

Eu não tenho segredos para com minha família.

TODOS OS DIAS

Eu posso fazer alguma coisa para me manter saudável

Eu SEMPRE lavo minhas mãos depois de ir ao banheiro.

Eu SEMPRE lavo minhas mãos antes de comer.

TODAS AS MANHÃS depois de levantar E TODAS AS NOITES antes de ir para a  
cama,

eu me lavo e escovo meus dentes.

Eu tomo banho todos os dias para ficar limpinho.

Eu me cuido e me mantenho asseado porque

EU SOU ESPECIAL

FIM

**QUERIDOS ADULTOS:**

Como adultos, nós sabemos que para aprenderem hábitos saudáveis, as crianças precisam de auto-disciplina..

Bons hábitos e rotinas dão senso de segurança às crianças e as ajudam a tomar decisões mais seguras.

**VOCÊ É O MELHOR EXEMPLO PARA SEUS FILHOS.**

Seja consistente com estas normas, isto ajudará seu filho à manter-se saudável.

Siga normas de segurança e ajude seu filho à aprendê-las.

Como por exemplo:

Ensine seu filho sobre o perigo de:

- . tomar remédios de outras pessoas
- . fumar
- . brincar com fogo (fósforo)
- . arma de fogo
- . assistir mídia violenta

Ensine seu filho sobre a importância do cinto de segurança.

Tenha bons hábitos de higiene para manter sua família saudável.

Motive sua família à comer de maneira saudável e exercitar-se todos os dias.

Converse e escute seu filho, especialmente se ele ou ela estiver triste.

LEIA para seu filho. Esta é uma das atividades mais importantes que você pode compartilhar com ele ou ela.

**CURTA seu filho.**

**VOCÊ É A PESSOA MAIS IMPORTANTE NA VIDA DELE.**