



Thanks for Me!

Draw a star or happy face each time you practice a healthy habit.

I said "Good Morning" to God.														
I brushed my teeth.														
I ate a good breakfast.														
I ate fruit.														
I ate all my lunch.														
I ate healthy snacks.														
I ate vegetables.														
I washed my hands before I ate.														
I ate my dinner.														
I played safely.														
I exercised.														
I put my toys away.														
I took a bath or shower.														
I went to bed on time.														
I said "Good Night" to God.														