



Life is a game!

PLAY IT!



Good habits are important!

Life on planet earth has rules and guidelines to follow, just like a game. Following rules calls for self-discipline. Self-discipline cultivates good habits and good habits help you win the game! You can follow your progress and build self-discipline by using a weekly chart. Grade yourself and have fun by watching what you do and by becoming more aware of HOW you do it!

My weekly self watching-chart

You need: model template, a sheet of bristol paper, pencil, ruler, markers.

Copy the model template and colour the illustrations next to the good habits and weekly duties. Or make your chart by using cut outs or drawings of your own. Add what you feel most important. Choose two symbols to help you grade yourself!



Good habits

Sunday Monday Tuesday Wednesday Thursday Friday Saturday GRADE

I respect my parents									
I care for body and health									
I finish my homework									
I read good books									
Not too much PC or TV									
I help out at home									
I am kind with everyone									