

GOOD HABITS BY V.ELIZABETH KRUPAVATHY

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GOOD HABITS



The slide features a light blue background with a white rounded rectangle at the top center containing the word "Index". Below this, a list of ten items is presented in a brown, serif font. The slide is decorated with several autumn leaves in shades of green, orange, and yellow, scattered across the top and sides. At the bottom, there are stylized green hills.

Index

- Wake up early in the morning
- Brush your teeth daily
- Take Bath everyday
- Going to School in time
- Always speak truth
- Respecting elders
- Communicating with others
- Reading Books
- Praying to God daily
- Going early to bed in night.

Wake up early in the morning



Brush your teeth daily



Take Bath everyday



Going to School in time



Always speak the truth

Always speak the truth.



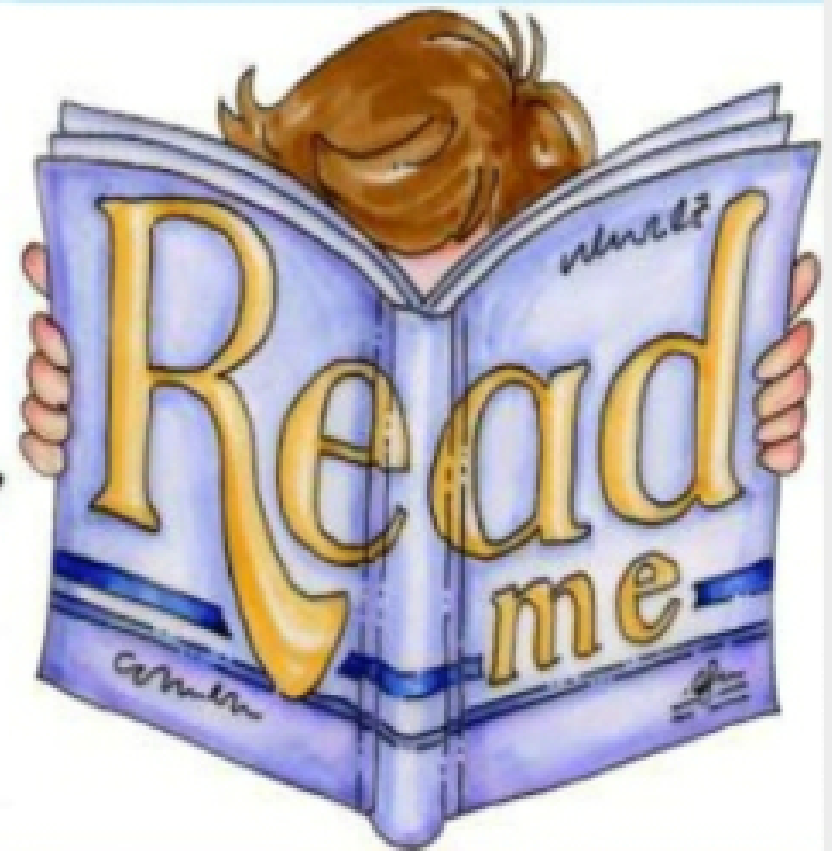
Respecting elders



Communicating with others



Reading Books



Praying to God daily



Going early to bed in night

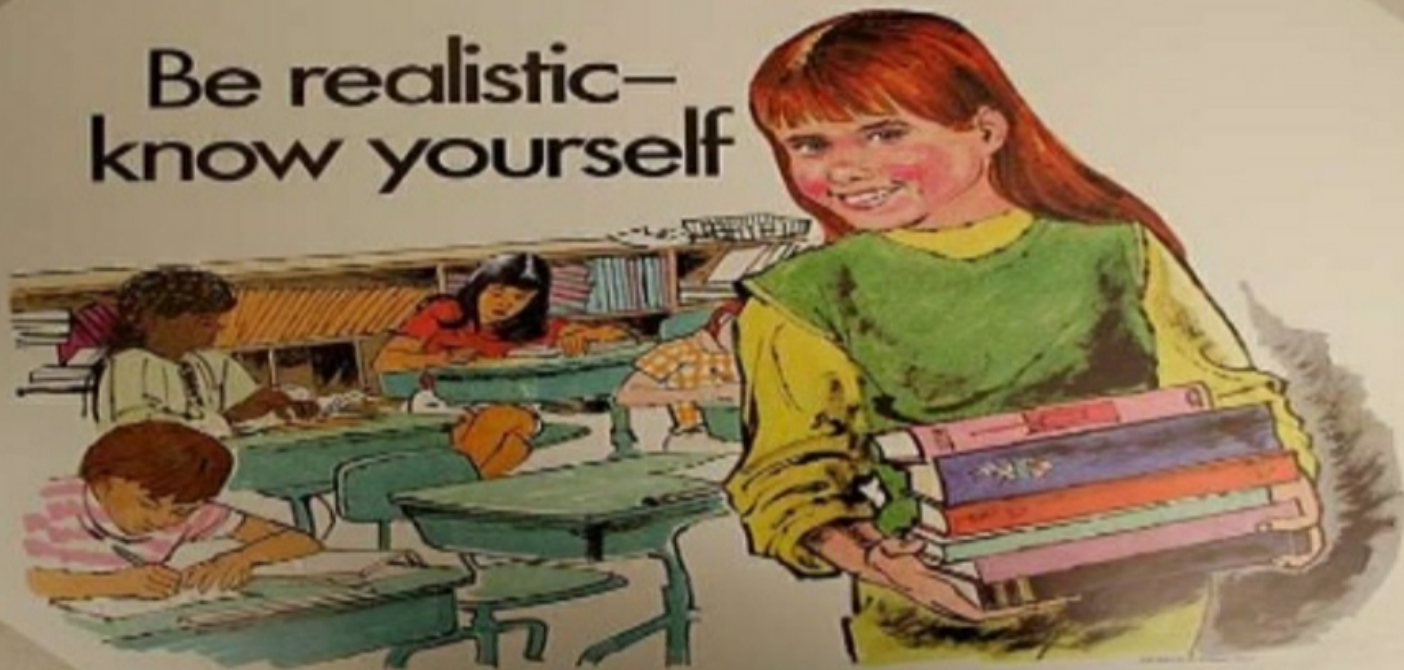


Go to early morning for walking



Do Study very Well

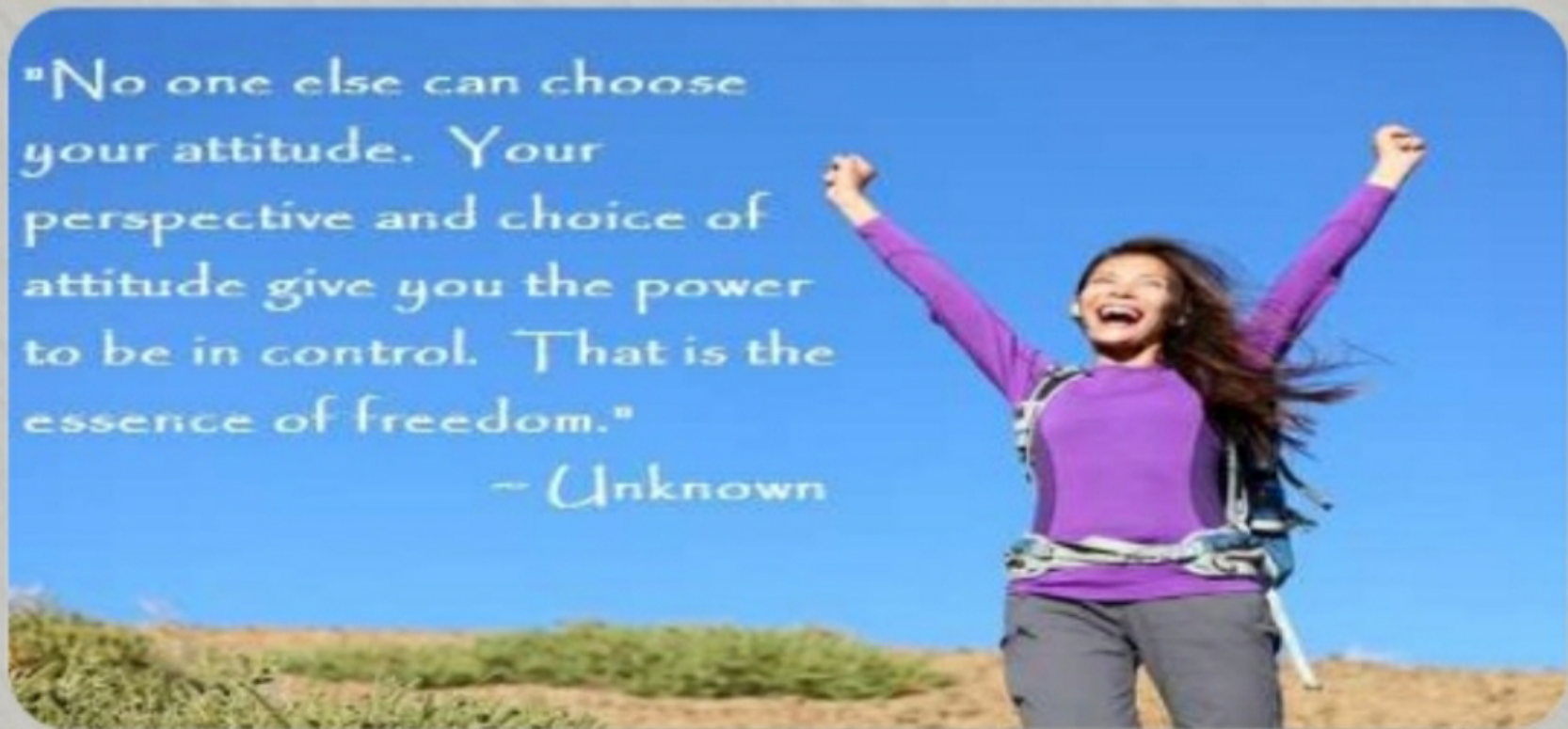
Be realistic—
know yourself



Keep Things Positive

"No one else can choose your attitude. Your perspective and choice of attitude give you the power to be in control. That is the essence of freedom."

~ Unknown



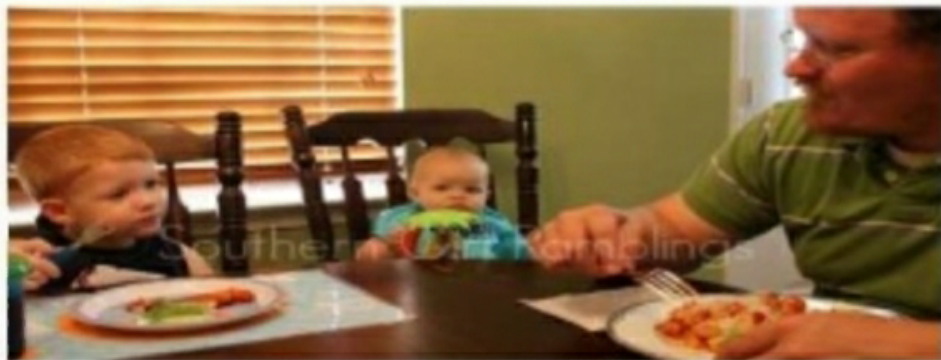
Limit TV, Video Game And Computer Time



Take food at time and be healthy



Pick Truly Rewarding Rewards



Encourage Physical Activities



Make Good friends



Question Time

- What is a habit?
- Make a list of good habits
- What could happen if we don't follow good habits?
- Name some of the things you can do for your fitness.
- Name some of the healthy foods.



Our Favorite Kids Songs About Good Habits | Super Simple
Songs

https://youtu.be/gm_jm0DcNQk [https://youtu.be/
gm_jm0DcNQ](https://youtu.be/gm_jm0DcNQ)

Thank You

