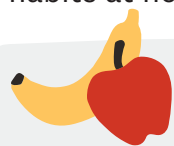


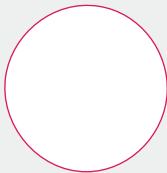
LET'S TALK ABOUT HEALTHY HABITS

A REWARD CHART FOR YOUR TAMARIKI

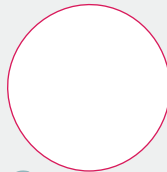
Routines that support getting enough sleep, limit time spent on screens and reinforce healthy habits such as brushing teeth will improve your child's mental, emotional, and physical health. Use this reward chart to support your tamariki to develop healthy habits at home.



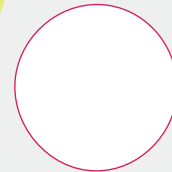
I ATE TWO
PIECES OF
FRUIT Today



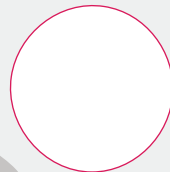
I BRUSHED
MY TEETH



I HAD A
GOOD
SLEEP



I WASHED
MY HANDS
FOR 20
SECONDS



I WENT OUTSIDE
AND MOVED MY
BODY TODAY –
WALKED, DANCED,
RAN OR PLAYED A
GAME.



ONCE COMPLETE, SPEND TIME
DOING AN ACTIVITY YOUR
TAMARIKI LOVES TO DO – GO TO
A PLAYGROUND, COOK TOGETHER,
GO TO THE LIBRARY OR PLAY
THEIR FAVOURITE GAME.

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matters

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Council

Te Kaunihera o Tamaki Makaurau



**TALK
READ
SING**

LET'S TALK ABOUT HEALTHY HABITS



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