

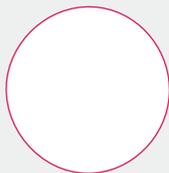
# LET'S TALK ABOUT HEALTHY HABITS

## A REWARD CHART FOR YOUR TAMARIKI

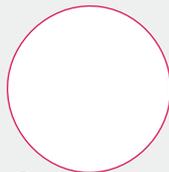
Routines that support getting enough sleep, limit time spent on screens and reinforce healthy habits such as brushing teeth will improve your child's mental, emotional, and physical health. Use this reward chart to support your tamariki to develop healthy habits at home.



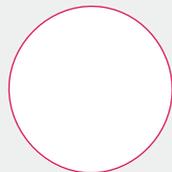
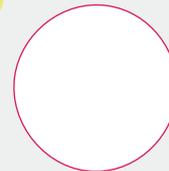
I ATE TWO  
PIECES OF  
FRUIT TODAY



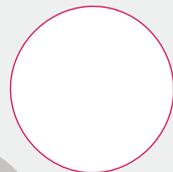
I BRUSHED  
MY TEETH



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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