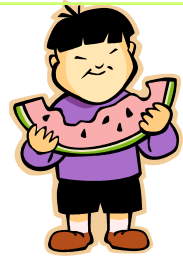


You're 8!

Now that you're EIGHT years old, you're old enough to do lots of things by yourself and make responsible choices. Check off those items you feel you are good at doing on a regular basis.

☐

I try to eat 5 fruits or vegetables and drink 3 glasses of milk every day. I drink sugary drinks or soda on special occasions only.

☐

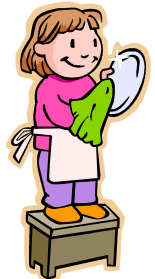
I take care of my body by brushing my teeth twice a day and taking a bath or shower every day.

☐

I take care of my body by playing outside every day to keep my muscles strong!

☐

I keep my room clean and help with chores at home!

☐

I share with my family and friends and I am respectful to the adults who care for me.

☐

I practice reading and work hard in school!



Were you able to check off all the items? If not, try to work harder on those that you couldn't check today. If you can do ALL these things, can you do them without being asked? Try to remember to do them all on your own!