

Now You're

5

!

Now that you're FIVE years old, you're old enough to do lots of things by yourself! Here are some things that you should be able to do. Check off those items you can do.

☐

I brush my
teeth twice a
day every day!

☐

I eat healthy
foods that make
my body grow!

☐

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

☐

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

☐

I play outside every
day to keep my
muscles strong!

☐

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!