

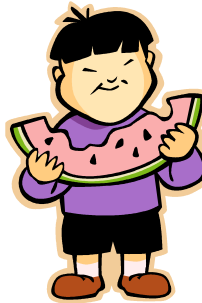
Now You're

6!

Now that you're SIX years old, you are 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!