

Building strong routines helps kids grow up healthy, happy, and polite. A great way to start is by picking **1 to 2 routines to practice each week**. You can track their daily progress using tools like printable Panda Reward Chart on Etsy . [\[1, 2, 3, 4\]](#)

Morning & Night Routines

1. Wake up at the same time every day.
2. Make your bed when you wake up.
3. Brush your teeth twice a day—once in the morning and once at night.
4. Take a daily bath or shower.
5. Wash your face and brush your hair.
6. Put on clean clothes every day.
7. Prepare your school bag the night before.
8. Go to bed at the same time every night to get enough rest. [\[5, 6, 7, 8, 9, 10\]](#)

Health & Hygiene

1. Wash your hands with soap after using the toilet.
2. Wash your hands before eating or touching food.
3. Cover your mouth and nose when you cough or sneeze.
4. Use a tissue for a runny nose and throw it away.
5. Drink plenty of water throughout the day.
6. Eat a healthy breakfast every morning.
7. Eat a good mix of fresh fruits and vegetables.
8. Chew your food slowly with your mouth closed.
9. Do not talk while chewing food.
10. Limit sweet snacks and drinks to protect your teeth.
11. Play and exercise outdoors every day.
12. Limit screen time (like TV, phones, and tablets). [\[1, 5, 6, 7, 8, 10, 11, 12, 13\]](#)

Manners & Social Skills

1. Say "please" and "thank you".
2. Say "sorry" when you make a mistake.
3. Say "excuse me" when you need to pass someone.
4. Speak politely to everyone you meet.
5. Listen quietly when someone else is talking.
6. Wait your turn patiently in lines or games.
7. Share toys and snacks with your friends and siblings.
8. Knock on closed doors before entering a room.
9. Look both ways before crossing the street.
10. Be kind and gently play with pets and animals. [[1](#), [5](#), [13](#), [14](#)]

Responsibility & Chores

1. Put your toys and games back in their place after playing.
2. Put dirty clothes in the laundry basket.
3. Help clear your plate from the table after eating.
4. Help wipe the table or sweep the floor.
5. Keep your bedroom neat and clean.
6. Take care of your books and toys so they do not break.
7. Feed your pets or give them fresh water if you have them.
8. Help set the dinner table. [[1](#), [5](#), [13](#), [15](#), [16](#)]

School & Learning

1. Go to school on time every day.
2. Listen to your teachers and follow directions.
3. Raise your hand if you want to speak in class.
4. Ask questions if you do not understand something.
5. Be helpful and kind to your classmates.
6. Complete your homework on time every day.

7. Write neatly and take pride in your work.
8. Read a book every day to learn new things.
9. Practice your favorite hobby, like drawing, building, or music. [1, 5, 7, 13, 17]

Mindset & Emotions

1. Always tell the truth, even if it is hard.
2. Practice gratitude by saying what you are thankful for.
3. Take a deep breath when you feel upset. [1, 5, 7, 8, 12, 17]

If you would like, tell me: What age are your kids? Do you want to focus on health habits, chores, or manners first? I can help you build a **custom routine plan** that fits your family.

AI can make mistakes, so double-check responses

[1] <https://www.youtube.com/watch?v=qnF0mDUBwZk>

[2] https://files-backend.assets.thrillshare.com/documents/asset/uploaded_file/199/District_Office/762b3bc4-471c-4cc1-830f-9eb329097280/Handout__1_establishing_routines_September_202.pdf?disposition=inline

[3] <https://www.facebook.com/sjsps29/posts/dos-and-donts-a-habit-lesson-for-our-nursery-learnersbehaviouractivity-preschool/1258417556304947/>

[4] <https://www.childcareed.com/a/what-are-the-basics-of-child-growth-and-development.html>

[5] <https://www.youtube.com/watch?v=MhADBINU59I>

[6] <https://www.cuemath.com/learn/good-habits-for-kids/>

[7] <https://www.bachpanglobal.com/blog/10-good-habits-for-kids/>

[8] <https://wfmnyc.com/10-daily-habits-of-highly-healthy-people/>

[9] https://www.instagram.com/reel/DUS_sB6gdWL/

[10] <https://tr.pinterest.com/pin/538672805451066834/>

[11] <https://www.scribd.com/document/780968716/100-Good-Habits-for-Kids>

[12] <https://mentalhealthcenterkids.com/blogs/articles/healthy-habits-for-kids>

[13] <https://www.youtube.com/watch?v=D6p362Ukr3s>

[14] <https://www.greenspringsschool.com/good-manners-for-kids/>

[15] <https://firebirdkids.com/blogs/behind-the-scenes/how-to-organize-kids-clothes>

[16] <https://childrensnutrition.co.uk/full-blog/kids-table-manners/>

[17] <https://www.youtube.com/watch?v=kK2XsiiblhA>