

❄️ GOOD HABITS AND BAD HABITS ❄️

📖 EVS / Moral Science Notes

😊 GOOD HABITS

💡 What Are Good Habits?

Good habits are **nice things we do every day**. They keep us **healthy, happy, and kind** 😊

🪥 Keep Yourself Clean

✓ Brush your teeth **twice a day** 🪥 ✓ Take a bath **every day** 🚿 ✓ Wear **clean clothes** 👕

👉 Clean children stay **healthy** 💪

🍎 Eat Healthy Food

✓ Eat fruits 🍎 🍌 ✓ Eat vegetables 🥕 🥦 ✓ Drink milk 🥛

👉 Healthy food makes us **strong and active** 🏃 ⚡

🙏 Be Polite and Kind

✓ Say **Please** 🙏 ✓ Say **Thank You** 😊 ✓ Say **Sorry** ❤️

👉 Good words make everyone **happy** 🌈

📖 Be a Good Student

✓ Listen to your teacher 🧑🏫 ✓ Do homework on time 📝 ✓ Keep books neat 📖

👉 Good students learn **better** ☀️

★ Some More Good Habits

- Wake up early 🌞
 - Wash hands before eating 🧼
 - Help parents at home 🏠
 - Share toys with friends 🧸
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😞 BAD HABITS

🚫 What Are Bad Habits?

Bad habits are **things we should not do**. They make us **unhealthy or sad** 😞

🌀 Eating Too Much Junk Food

- ✗ Too many chips 🍟
 - ✗ Too many chocolates 🍫
 - ✗ Too much cold drinks 🥤
- 👉 Junk food makes us **weak** 😞
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🗑️ Keeping Surroundings Dirty

- ✗ Throwing garbage on the road 🗑️
 - ✗ Not washing hands 🧼
- 👉 Dirty places spread **germs** 🦠
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😞 Being Rude or Naughty

- ✗ Fighting with friends 👊
 - ✗ Shouting loudly 😡
 - ✗ Not listening to elders 🙅
- 👉 Bad behaviour hurts others 💔
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📺 Too Much TV or Mobile

- ✗ Watching TV for long time 📺
 - ✗ Playing mobile games too much 📱
- 👉 It is bad for **eyes and mind** 👁️ 🧠
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Let Us Choose Good Habits

😊 Tick (✓) Good Habits 😞 Cross (✗) Bad Habits

- Brushing teeth  ✓
 - Littering roads  ✗
 - Sharing toys  ✓
 - Fighting ✗
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Remember

✓ Good habits make us **good children** ☀️ ✓ Bad habits should be **left behind** 🚫

💡 Be clean, be kind, be happy! 💡