

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! ✨