🍀 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 🧸

😰 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** 🥴

🗑️ Keeping Surroundings Dirty

❌ Throwing garbage on the road 🚮 ❌ Not washing hands 🧼 ❌

👉 Dirty places spread **germs** 🦠

😡 Being Rude or Naughty

❌ Fighting with friends 👊 ❌ Shouting loudly 😡 ❌ Not listening to elders 🙉

👉 Bad behaviour hurts others 💔

📺 Too Much TV or Mobile

❌ Watching TV for long time 📺 ❌ Playing mobile games too much 📱

👉 It is bad for **eyes and mind** 👀 🧠

🏆 Let Us Choose Good Habits

😊 Tick (✔️) Good Habits 😳 Cross (❌) Bad Habits

• Brushing teeth 🪥 ✔️ • Littering roads 🚮 ❌ • Sharing toys 🧸 ✔️ • Fighting ❌

💗 Remember

✔️ Good habits make us **good children** 🌟 ✔️ Bad habits should be **left behind** 🚫

✨ Be clean, be kind, be happy! ✨