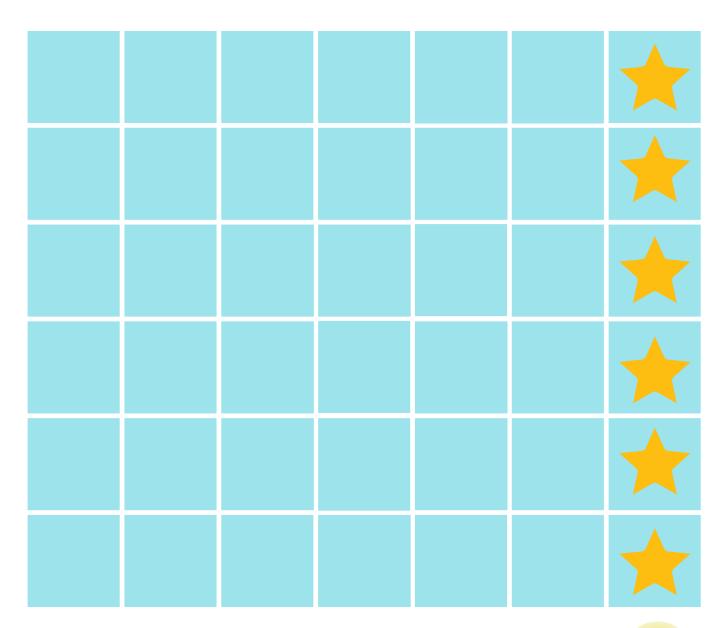
MY PRAYER HABIT TRACKER

Name:		
Date:		



Instructions: Cross off the days that you remember to pray.

After you fill in each row, celebrate with a reward!

My reward:





MAKING PRAYER A HABIT: FOR CHILDREN

Tips

- Pray as a family consistently.
- Start simple, such as praying at suppertime or right before bed.
- Model it for your kids.
- Build a prayer time into the end of an already established routine such as right at the end of a bedtime routine.

Using animations

Incorporate prayer animations during prayer time to help children understand and memorize prayers.

Further resources

www.teachingcatholickids. com/ www.youtube.com/Catholic KidsMedia www.opusjoyous.com/

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Catholic Stories for Children is a non-profit that helps Catholic parents pass on the faith with prayer tips and fun animations for children.



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