

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/CatholicKidsMedia
www.opusjoyous.com/

SUPPORT US!

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



Support our work:
catholicstoriesforchildren.com/give



Watch our animations
on [Youtube](#)



www.catholicstoriesforchildren.com