



Good  
Habits,  
Great Me





# Rise and Shine

Dhanvi is a Morning Routine Champion!  
She starts every day with energy and a big smile.  
She even checks her habit list every morning — just like a pro!  
Every day, She proudly ticks off her morning routine tasks one  
by one! ✅☀️





Start your day with a big smile and fresh energy!



## Wake Up Early

Rise and shine with a happy smile



## Fold Your Bed

Make your bed neat and tidy



## Use the Toilet & Wash Hands

Flush, wash hands, and stay clean!



## Brush Your Teeth

Brush gently – make your teeth



## Drink Water

Hydrate to feel fresh and strong!



## Take a Bath or Shower

Wash from head to toe – feel fresh!



## Comb Your Hair

Smooth your hair and smile with pride







# ***Yummy in My Tummy***

Dhanvi is a Mealtime Superstar!  
She eats healthy food to grow strong and stay happy.  
She follows table manners like a little champion.  
And every day, She checks off each habit with pride! 🥬🍽️





# Healthy Eating & Mealtime Manners



Eat a healthy breakfast, lunch



Include fruits and vegetables in every meal



Drink water or milk – skip sugary drinks



Enjoy home-cooked meals like dal, rice, and roti



Wash your hands before and after eating



Sit at the table and eat without spilling



Say “Thank you” after your meal



Help clean up after eating (take your plate to the sink)







# School is Cool

Dhanvi is a Super School Star!

She gets ready on time and learns with joy every day.  
She listens, asks questions, and explores the world around her.  
With good habits and a curious mind, She shines bright at  
school! ✨📚🎒





# LEARN, READY TO SHINE!

Smart school habits + a curious mind = a super learner!



- ☐ Pack your bag with books, tiffin, and water bottle



- ☐ Wear a clean uniform and comb your hair neatly



- ☐ Reach school on time – never late!



- ☐ Listen to your teachers with full attention

- ☐ Ask questions and share ideas in class



- ☐ Read books and learn something new every day



- ☐ Keep your desk and school area clean

- ☐ Be kind, polite, and helpful to everyone at school





# Piggy Bank Power

Dhanvi is a Super Saver!

She drops coins into her piggy bank with a big smile.

She saves a little every day and spends wisely.

Saving helps her dream big and feel proud! 🐷💰🌟

- Save coins in your piggy bank regularly
- Save money for something special (like a book or toy)
- Think before you spend – not everything needs buying
- Don't ask for new things if you have enough
- Watch your savings grow with pride and patience





# Yes I Can

Dhanvi believes in herself!

She speaks with confidence and tries with courage.

She knows mistakes are part of learning.

With a brave heart, She says, "Yes I can!" 💪🌟



**SPEAK UP AND SHARE YOUR THOUGHTS  
WITH CONFIDENCE**



**TRY NEW THINGS, EVEN IF THEY FEEL SCARY  
AT FIRST**



**KEEP GOING – DON'T GIVE UP WHEN SOMETHING  
IS HARD**



**BELIEVE IN YOUR IDEAS, TALENTS, AND DREAMS**





# Grateful Little Heart

Dhanvi speaks with kindness and care!  
She uses magic words that make others smile.  
She respects everyone and listens with her heart.  
With gratitude and good manners, She shines every day! ✨❤️







# Dhanvi : **A Kind Heart with Magic Words!**

Good manners, respect, and gratitude make every day brighter!



Say “**Please**” when asking for something



Say “**Thank You**” when someone helps you



Say “**Sorry**” when you make a mistake



Say “**Excuse me**” when you interrupt or bump into someone



Greet teachers, elders, and friends politely



Respect **elders**, helpers, and everyone around you



Listen without interrupting when someone is speaking



Be thankful for food, toys and family love



Appreciate small things and say kind words often





# ***Creative & Active Star!***

Dhanvi is a Creative & Active Star!

She loves to move, build, and play with all her heart.  
Whether it's dancing, drawing, or games with friends—  
She always plays fair, tries new things, and has fun doing her  
best! 🏃♂️🎨⚽



Run, jump, dance, or play outside every day



Stretch or try fun kid-friendly yoga moves



Ride your bike or play your favorite sport



Draw, paint, or do craft with your imagination



Take turns while playing games with friends



Say “Good game!” whether you win or lose



Always play fair and be a kind teammate





# ***A Kind and Caring Friend!***

Dhanvi has a Heart Full of Kindness!

She shares, helps, and always makes others feel included.  
With kind words and gentle hands, She spreads joy every day.  
Being a good friend makes the world brighter! 🤝💖☀️



**SHARE YOUR TOYS, BOOKS, AND SNACKS WITH OTHERS**



**INCLUDE EVERYONE – NO ONE SHOULD FEEL LEFT OUT**



**LISTEN WHEN YOUR FRIENDS TALK – DON'T INTERRUPT**



**CHEER FOR OTHERS WHEN THEY DO WELL**



**HELP YOUR CLASSMATES OR FRIENDS WHEN THEY NEED IT**



**BE FAIR AND GENTLE – NEVER PUSH, HIT, OR SHOUT**



# *I Love My Family*







# Family Fun & Helping Hands!

Celebrate together, help with joy, and be proud at home!



Join in family festivals, prayers, and special traditions



Listen to stories from grandparents and family elders



Eat meals with your family and help set the table

Play games or enjoy fun time with your family



Take photos or make art to remember special days

Wipe tables or help clean up after meals



Water the plants or help in garden with your family





# Love Grandparents



- 🥰 Listen to their stories – they're full of magic and love
- 🗣️ Talk to them every day – even a short chat means a lot
- 🎵 Draw pictures, sing songs, or play simple games with them
- 👉 Give them hugs and say "I love you" often
- 👉 Help them with little things like carrying, tidying, or smiling!





# Honest Heart

Dhanvi always tells the truth with courage.  
She speaks kindly and owns up to her mistakes.  
Even when it's tough, She chooses what's right.  
An honest heart makes her strong and trusted! 🌟🤝

- ☐ Tell the truth, even when it's hard
- ☐ Don't blame others for your mistakes
- ☐ Speak honestly, but with kind words
- ☐ Be brave to admit when you're wrong
- ☐ Do what's right, even when no one is watching



# ***Dhanvi***

## ***A Smart Star at Home!***





# SAFE AT HOME

## (HOME SAFETY)



Avoid Sharp Tools: Don't touch sharp tools, scissors, or knives



Electrical Safety: Stay away from switches, sockets, and wires



Heat Hazards: Keep away from hot stoves



## EMERGENCY & SAFETY HABITS

Stay calm, stay smart, and stay safe!



Know Important Info: Memorize your full name, address, and a parent's phone number



Danger Response: If there's fire or danger, don't hide—shout and get help



Stranger Safety: Never open the door to strangers without an adult



Avoid Harmful Items: Don't touch medicines, wires, or sharp tools





# Street Smart



Always walk on the footpath, never on the road



Cross the street only at zebra crossings with an adult



Look both ways before crossing – left, right, then left again



Never talk to or go with strangers



Wear a cap and drink water when playing outside in the sun





# Screen Smart

(DIGITAL SAFETY & ETIQUETTE)



Follow screen time limits every day



Watch age-appropriate videos with parent approval



Never talk to strangers online or click unknown links



Don't share photos, names, or personal info online



Be kind and respectful, even in games





# Everyone is Equal



Treat boys and girls with equal kindness and respect



Everyone can play, learn, and help – no matter their gender



Chores, toys, and colors are for everyone



Girls can be pilots, boys can be dancers – all dreams are great



Speak kindly, don't tease or judge anyone's choices





# My Body, My Space



(Good Touch, Bad Touch)

Your body belongs to you – always  
speak up and stay safe.



Know the difference – good  
touch feels safe, bad touch  
feels wrong



Private parts are private –  
no one should touch them



Say “NO!” loudly if someone  
touches you in a way that  
feels wrong



Walk away quickly and find  
a trusted adult



Always tell a parent, teacher, or  
trusted adult – never keep it





# Clean & Green



Throw trash in the dustbin – never on the ground



Reduce, reuse, and recycle wherever you can



Plant trees or care for plants around you



Save water – don't waste it while brushing or bathing



# Save Our Resources

## (Conservation Habits)

Protect water, energy, and the Earth—  
every small step counts!

1



Turn off the tap while  
brushing your teeth

2



Switch off lights, fans, and  
electronics when not in use

3



Avoid wasting food and water—  
take only what you need

4



Don't overcharge devices—  
unplug them when done

5



Reuse paper, bags, and materials  
whenever possible

Dhanvi is a little Earth hero!

He saves water, energy, and important resources.

He uses only what he needs and never wastes.

Every habit helps protect our planet 🌍





# Pet Friendly



Be kind to pets—feed them, play with them



Give water to birds and animals, especially in summer



Never hurt or tease animals—show **LOVE**



Speak softly and move gently around animals



Help lost or injured animals by telling an adult





Say a small prayer or 'thank you' every day



Sit quietly, breathe slowly, and feel calm



Be kind in thoughts, words, and actions



Notice nature – trees, birds, the sky, and the breeze



***Spiritual & Mindful Moments***





# 7-DAY HABIT TRACKER



**HABIT:**

MON	TUE	WED	THU	FRI	SAT	SUN





# ★ I Am a Habit Hero! ★

Look how far you've come!

**Dhanvi**

You've practiced so many good habits —  
from brushing your teeth and sharing toys  
to helping at home and being kind.

You're growing stronger, wiser, and kinder  
every single day.

You are now a **true Habit Hero** — and  
this is just the beginning!

✓ Keep smiling

✓ Keep trying

✓ Keep learning

✓ Keep shining ★







# A Note to Parents

Helping your child grow, one habit at a time.

**Dear Parents,**

This book was lovingly created to help your child (ages 3–9) build strong, joyful, and lifelong habits – through fun checklists, colourful illustrations, and simple, easy-to-follow guidance.

Every page introduces one key habit or value —from brushing teeth and saving money to kindness, honesty, and emotional strength.

## ♥ How to Use This Book:

- Read aloud each page to your child in a happy, engaging tone.
- Point to the illustrations and explain with examples from daily life.
- Use stickers, stars, or hugs to reward their effort.

## ✦ For Older Kids (6–9):

- Encourage them to read on their own (or with you), and reflect on each habit.
- Let them chock off tasks or keep track of habits weekly.

## 🔧 What This Book Will Do:

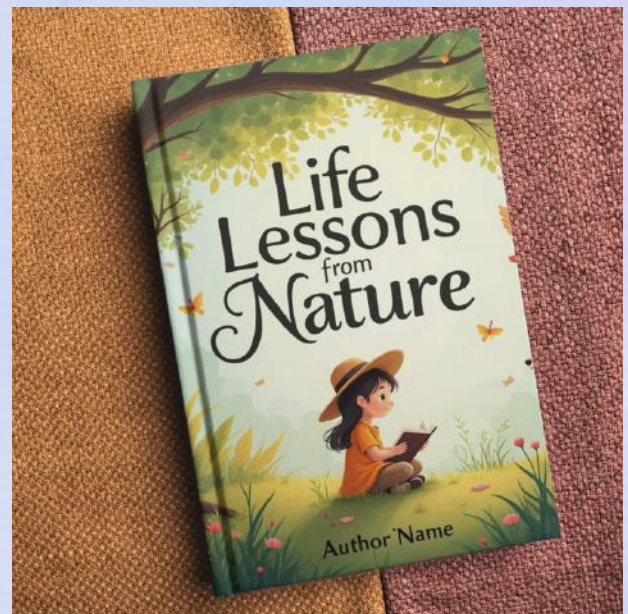
- Spark self-confidence and awareness
- Strengthen your child's routine and responsibility
- Inspire joyful learning through colourful, real-life scenes

This book isn't just for reading — it's a bonding journey between you and your child. A quiet smile at bedtime, A quick talk before school. A habit practiced together.



# CUSTOMISED BOOKS FOR KIDS..

# COMING SOON



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# A Letter from Us — Your Biggest Fans

Dear **Dhanvi**

Watching you grow each day is the greatest joy in our lives.

This book is a special gift for you – filled with habits, values, and fun lessons that will help you shine in everything you do.

From brushing your teeth to showing kindness, from saving coins to being brave – every page reminds us how proud we are of the amazing person you are becoming.

Remember, it's okay to make mistakes and try again.

We will always be here to cheer you on, guide you, and love you – just the way you are.

Keep learning. Keep growing. Keep being you.

Because you are our little hero – today and always.

With all our love, Mom & Dad

With all our love,  
Mom & Dad 