

HABIT BUILDING

Day 4

YOU WILL NEED:

- **Coloured Pencils**

INSTRUCTIONS:

1. Speak with your child about good habits that they would like to develop during Ramadan.
2. Print the 'My Habit Tracker' activity.
3. Write the desired habits on the lines provided. Each habit should be a different colour to fill in each square. Every day that the act(s) is completed, your child should colour in the correlating square.
4. By the end of the month, the wheel should be a beautiful rainbow, meaning your child has built five great habits!
5. A habit tracker reminds your child to act, motivates them to continue and provides immediate satisfaction.

My Habit Tracker

