

Name: _____.

Grade: _____. Group: _____. Date: _____.

Read and answer the questions.

1. What do you think is the most important thing of having a daily routine?

_____.

2. When do you think people need to start daily routines?

_____.

3. Why are routines good for kids?

_____.

4. What is a ritual?

_____.

5. Why are Healthy habits part of a daily routine?

_____.

6. Why are routines good for parents?

_____.

7. What ideas would teens have to get daily routines?

_____.

8. How would you create a new good daily routine?

_____.

9. When do you think it is important to create a new daily routine?

_____.

10. What is the best activity about your daily routine?

_____.

