



Name: \_\_\_\_\_.

Grade: \_\_\_\_\_. Group: \_\_\_\_\_. Date: \_\_\_\_\_.

**Cross out the correct answer (TRUE or FALSE).**

1. Having no routines help children and teens feel safe, secure, and looked after. True / False
2. Having fun and playing develop skills, such as a sense of responsibility and time management. True / False
3. Routines can help younger kids reach healthy habits. True / False
4. In a good routine, things happen in a different order every time. True / False
5. Toddlers could have routines for telling stories and reading books. True / False

**Read and match the information based on the description the paragraphs are referring to.**

- |  |   |
|--|---|
| 1. ____ Family routines set out how families organize themselves to get things done, spend time together and have fun.           | <b>a) Why routines are good for parents</b>                   |
| 2. ____ Routines can be part of an organized and predictable home environment.   | <b>b) Routines: the basics</b>                                |
| 3. ____ When life is busy, routines can help you feel more organized and in control, which lowers your stress.                   | <b>c) Healthy habits</b>                                      |
| 4. ____ Daily routines help set our body clocks too.   | <b>d) Why routines are good for children</b>                  |
| 5. ____ Predictable family life can also help children cope during development changes, like a divorce, illness or a house move. | <b>e) What makes a good daily routine?</b>                    |
| 6. ____ A good routine is one that suits your family.  | <b>f) School-age children: ideas for daily routines</b>       |
| 7. ____ Eating meals, reading books or telling stories, getting ready in the morning.  | <b>g) Safety, belonging and relationships</b>                 |
| 8. ____ For school age children, you might be more flexible with routines during school holidays.                                | <b>h) Toddlers and preschoolers: Ideas for daily routines</b> |
| 9. ____ Doing homework after school activities, hobbies, sports.   | <b>i) Teenagers: ideas for daily routines</b>                 |
| 10. ____ Older children and teens might grow out of or start to challenge some routines.   |   |