

Balloon Pop Habit Game

Print the slips below, cut them out, and place them in balloons. As the kids pop the balloons, mime each action in backwards order. See if they can chain all 12 actions together in order!

I will brush my teeth in the morning and at night. (pretend to brush teeth)	I will make my bed when I get up. (pretend to make bed)
I will move my body everyday. (do 2 jumping jacks)	I will eat healthy food. (pretend to eat)
I will drink lots of water. (pretend to drink from a cup)	I will wash my hands a lot. (pretend to wash hands)
I will use my words when I feel sad or mad. (make a sad face)	I will keep my body clean. (pretend to wash body)
I will help others. (pretend to pick something up and give it to someone)	I will learn new things. (pretend to read a book)
I will show love to my friends and family (give self a hug)	I will remember that I am awesome! (pose like a superhero)