



Happy Home Habits for Little Helpers



At home, I use my inside voice.



Inside voices are quiet. They help everyone feel calm.



Sometimes, I feel upset.



When I feel upset, I can take a deep
breath.



I can choose a quiet activity to feel better.



I like to color or look at a book.



When Mommy asks me to clean up, I listen.



I pick up my toys and put them away.



I say, "Please help me," if I need help.



Mommy helps me, and I say, "Thank you!"



Sometimes, I forget to say thank you.



Mommy reminds me gently. I say,
"Thank you!"



**My heart feels warm when I remember
my manners.**



Mommy smiles, and I feel happy.



I like helping at home. It feels good.



I can be a little helper every day!

Vocabulary

⇒ ■ Vocabulary:

1. Inside Voice

- Speaking quietly, like a gentle whisper, so it's calm and not too loud

2. Calm

- Feeling peaceful and not upset

3. Upset

- Feeling sad, mad, or bothered about something

4. Deep Breath

- Slowly breathing in and out to help you feel better

5. Listen

- Paying attention to what someone is saying

6. Help

- Doing something nice for someone or asking for support

7. Thank You

- Words to show you are grateful and appreciate someone

8. Manners

- Being polite and using kind words like "please" and "thank you"

Spellings

A: Inside

B: Insid

A: Quiet

B: Quet

A: Upset

B: Upsat

A: Activity

B: Actevity

A: Listen

B: Lissten

A: Please

B: Pleease

A: Remember

B: Remembr

A: Helper

B: Helpar

Comprehension Questions

1. What is an inside voice?

A: A loud voice

B: A quiet voice

2. What can you do if you feel upset?

A: Yell and scream

B: Take a deep breath

3. What is a quiet activity you can do to feel better?

A: Run around and make noise

B: Color or look at a book

4. What should you do when Mommy asks you to clean up?

A: Ignore her

B: Listen and pick up your toys

5. What can you say if you need help cleaning up?

A: "Please help me"

B: "I won't do it"

6. What do you say after Mommy helps you?

A: "I don't care"

B: "Thank you!"

7. What happens if you forget to say thank you?

A: Mommy reminds you gently

B: Mommy gets mad

8. How do you feel when you remember your manners?

A: Sad

B: Warm and happy

9. Why is it nice to help at home?

A: It feels good

B: It's boring

Comprehension Questions

10. What can you be every day at home?

A: A little helper

B: A troublemaker

Open-Ended Questions

1. How do you feel when you use your inside voice at home?
2. What is something you like to do when you need to feel calm?
3. How do you feel when someone helps you clean up?
4. Why do you think it's important to say "thank you" when someone helps you?
5. How does it feel to be a little helper at home?