



Sustainable habits 7x7

My Habits Journal

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Welcome to your Habits Journal!
This is where you write about all
the good you do for the world.



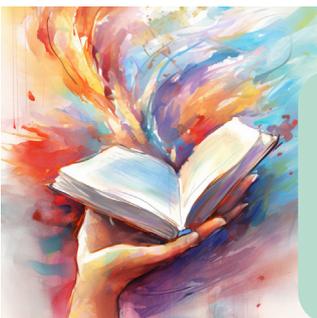
Why this journal is special:

Remember your adventures: You can write, draw, or even stick pictures of the fantastic things you do to make the world a better place. Remember the time you planted a tree? Or when you shared toys with friends? It all goes in here.



See your impact: It shows you how your actions help our earth and the people who live here. When you do good things, the world becomes a happier place.

Build good habits: Writing about what you do helps you become better at making kind choices every day.



Learn and have fun: This journal is a fun way to learn and grow!

How to use your journal:

Here is how to fill in your Habits Journal:

Choose habits: Pick the activities you want to do during the year. You can ask your teacher for more ideas if you like!

Record your adventures: After you do an activity, draw a picture, write about it, or stick pictures in your journal. Share what you did and why it's good for the earth and your community.

Write about how you felt: Write down how you felt while doing the activity. Were you happy, proud, or excited? If you shared your lunch with a friend, draw a big, happy smile!

Think and learn: What did you learn from your action? Did you discover something new?

Date:

Date: