



# HIGH 5 AT HOME

 <p>High 5 At Home</p>	Getting up in the morning	Getting to school	Clean-up time	Time to relax	Homework time	Mealtime	Getting ready for bed
<b>SAFE</b>	Turn on lights	Buckle seat belt Listen to adults	Put things away where they belong	Ask permission Make sure an adult knows what you're doing	Sit up straight Use school supplies appropriately	Wash your hands Use silverware appropriately	Turn off lights
<b>RESPONSIBLE</b>	Get up on time Get ready	Be ready to leave on time	Clean up after yourself Help out without being asked	Know when it's time to relax	Work independently Do your best	Clean up after yourself Ask to be excused	Brush your teeth and wash your hands Read
<b>RESPECTFUL</b>	Thank parents for helping you	Tell your parent(s) "Thanks for the ride" and "Have a nice day"	Follow through on your chores	Respect how siblings and parents use time Offer to share	Ask for help when your parents are not busy	Say "please" and "thank you" Use nice table manners	Get ready for bed when your parents tell you
<b>POSITIVE</b>	Have a morning smile	Line up quickly and greet others with a smile	Offer to help	Be kind	Use positive self-talk Do your best	Tell parents about your day	End the day with smiles and hugs
<b>ACHIEVE</b>	Use your time wisely	Get ready: - Backpack - Lunch - Water bottle - Yourself	Do a good job	Use your time wisely	Learn something new	Try new foods	Get plenty of rest
<b>E</b>	<b>V</b>	<b>E</b>	<b>R</b>	<b>Y</b>	<b>D</b>	<b>A</b>	<b>Y</b>

# HIGH 5 AT HOME

 <p>High 5 At Home</p>	Getting up in the morning	Getting to school	Clean-up time	Time to relax	Homework time	Mealtime	Getting ready for bed
SAFE							
RESPONSIBLE							
RESPECTFUL							
POSITIVE							
ACHIEVE							
E	V	E	R	Y	D	A	Y