



"I AM" MINDFUL

Creating Tiny Habits

THREE HEALTHY LIFE HABITS

- I Am Active- I do physical activity to feel healthier
- I Eat Right- I choose to eat healthy food options that fuel my body
- I Can Do It- I set tiny habits and achieve them

EXAMPLES OF TINY HABITS

Use the three healthy life habits as a guide for setting tiny habits.

Examples of tiny habits:

- Doing jumping jacks between tv shows
- Doing a type of physical activity for 15 minutes each day together
- Drinking a glass of water with every meal
- Eating a fruit or vegetable instead of other snacks
- Going to bed earlier to get enough sleep

HEALTHY HABIT OF THE DAY:

I will work on tiny
healthy habits everyday.



Healthy LifeStars

SETTING DAILY TINY HEALTHY HABITS AS A FAMILY

Tiny habits=small daily health goals

Tiny habits are meant to be small everyday things you can add to your routine.

Setting tiny healthy habits as a family is an important way to teach your child how to set goals, and live a healthy lifestyle. Try setting tiny habits you can do together as a family that can easily be added to your daily schedule.

These habits can be created by using the three healthy life habits to help you think of new tiny habits. The ARC framework is also helpful when creating tiny habits.

The ARC Steps:

1. Action- A new action that will help your family live a healthier life
2. Reminder- Use a physical reminder, such as a note, to remind you to do the action
3. Celebration- Celebrating when your family succeeds in doing the new tiny habit

QUESTIONS TO ASK YOUR CHILD:

Q: What does it mean to be healthy?

A: Feeling good, not being sick, being strong and sleeping well

Q: What is a tiny habit?

A: A small health activity you want to achieve to be your healthiest self

Q: How do we create tiny habits?

A: By using the ARC method

Q: What is one tiny habit your family wants to achieve together?

Creating Tiny Habits Using ARC

Review:

How do you feel when you try something new and succeed?

List 2 healthy habits you do

List 2 unhealthy habits you do

How can you change your unhealthy habits into healthy ones?

Action Reminder Celebrate

Example: "I Am Active"

Action: When I watch TV I will do jumping jacks between episodes.

Reminder: Putting a picture of me doing jumping jacks by the remote to remind me.

Celebrate: I will celebrate by high fiving my parents or siblings because I achieved my tiny habit.

Example: "I Eat Right"

Action: Each day I will eat a healthy snack such as a fruit or vegetable.

Reminder: I will put a note on the fridge to remind me to choose a healthy snack.

Celebrate: I will tell myself that I'm proud of myself for choosing a healthy snack.

Example: "I Can Do It"

Action: I will go to sleep early so I can wake up with energy.

Reminder: Setting an alarm for when it's time to go to bed each night.

Celebrate: I will celebrate by putting a sticker on my goal sheet for each night I went to bed on time.

Tiny Habits

Write or draw a tiny habit for each Healthy Life Habit using ARC

I Am Active



I Eat Right



I Can Do It

