

KIDS' DAILY AUTO-SUGGESTION

A generic reading for children approximately ages 5–10

READ → REMEMBER → DO

Choose a few statements at a time and connect them to real actions. Parents or guardians can read this with younger children; older children can read it independently.

Morning & Self-Care

1. After waking up, I brush my teeth and freshen up.
2. I take a bath every day and keep myself clean.
3. I brush my teeth at night too.
4. I take a few quiet breaths and pay attention to how I feel.
5. I keep my room and belongings neat and organized.

School, Learning & Discipline

6. I pack my school bag carefully and prepare for the day.
7. I listen carefully when someone is teaching me.
8. When I do not understand something, I ask a question.
9. I practise reading, writing and maths regularly.
10. I finish important work before moving to distractions.
11. I review what I learned so I can remember it.
12. I can make mistakes and learn from them.
13. I keep trying when something is difficult.

Respect, Communication & Kindness

14. I let other people finish speaking before I speak.
15. I use polite words and a respectful voice.
16. I treat classmates, teachers, family members and helpers with respect.
17. I choose friends who encourage good behaviour.
18. I tell the truth, even when it is difficult.
19. I apologize when I make a mistake and try to correct it.
20. I help others when I can.
21. I share, take turns and respect other people's belongings.

Health, Safety & Responsibility

22. I move my body and play actively every day.
23. I eat nourishing food and drink enough water.

- 24. I get enough sleep so my body and brain can recover.
- 25. I wear my seat belt whenever I travel in a car.
- 26. I follow safety rules at home, at school and outdoors.
- 27. I do not take food, medicine or other things that do not belong to me.
- 28. I tell a trusted adult if something feels unsafe or wrong.

Confidence, Gratitude & Growth

- 29. I am learning and becoming more capable every day.
- 30. I can pause, breathe and choose my next action.
- 31. I am responsible for the choices I make.
- 32. I am grateful for the people who care for me.
- 33. I notice good things and say thank you.
- 34. I can ask for help when I need it.
- 35. I use my time wisely.
- 36. I finish what I start whenever I reasonably can.
- 37. I practise good habits instead of waiting to feel motivated.
- 38. I remember: READ → REMEMBER → DO.

The goal is not simply to repeat words. The goal is to practise useful habits in everyday life.