



MORE THAN A SOCIAL STORY... A COMPLETE HEALTHY HABITS TOOLKIT

Help children build healthy habits through engaging stories, meaningful discussions, hands-on practice, calming reminders, and family connections.

This toolkit follows our **Learn • Talk • Practice • Support • Grow** framework to help children develop healthy routines they can use at school, at home, and in their community.

one Gigggle at a time

KEEP SCROLLING TO SEE WHAT'S INCLUDED!



WHAT'S INSIDE THIS RESOURCE

Keeping Germs to Myself

Sometimes my nose, eyes, or mouth may feel itchy. I try to keep my hands away from my face. If I need to wipe my nose, I can use a tissue instead. Keeping my hands away from my eyes, nose, and mouth helps stop germs from spreading.

Social Story

Let's Talk About It!

Think About Healthy Habits

What are some healthy habits that help stop germs from spreading?

What healthy habits do you already practice?

Let's Share!

There are many good answers while everyone has a chance to share.

Let's Talk About It!

Problem Solving

You need to sneeze, but you already have a tissue.

Let's Talk About It!

Real Life Connections

Where can you practice healthy habits?

Can you think of examples at:

• School

• Home

• The playground

• In your community

Let's Talk About It!

Growing Every Day

What healthy habit are you getting better at?

How have you grown?

Helping Others

Teaching Point: Every healthy choice helps take care of ourselves and the people around us.

Let's Talk About It!

Healthy Choices

Teaching Point: Healthy choices help stop germs from spreading.

Let's Talk About It!

Class Promise Practice Plan

What is one promise from our class pledge that you will practice this week?

MY HEALTHY HABITS PROMISE

I promise to:

• Use a tissue when I need one.

• Cover my coughs and sneezes.

• Throw used tissues in the trash.

Use a tissue

Wash or sanitize my hands

Keep my hands away from my eyes, nose, and mouth

Ask a trusted grown-up for help

My Healthy Habits Reader 2

When I Need to C

My Nose Needs a Tissue

My Healthy Habits Reader 1

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LEARN • TALK • PRACTICE • SUPPORT • GROW

LEARN

 Build understanding with an engaging social story.

TALK

 Encourage meaningful conversations about healthy choices.

PRACTICE

 Apply healthy habits through interactive activities.

SUPPORT

 Build confidence with visual reminders and healthy routines.

GROW

 Strengthen learning through family practice and everyday routines.

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Helping children build lifelong healthy habits.

ONE SKILL.

MANY MEANINGFUL LEARNING EXPERIENCES.

Healthy habits are learned one small step at a time.

Children become more independent when they have opportunities to practice healthy routines every day.



Children revisit the same skill in different ways to build independence and confidence.

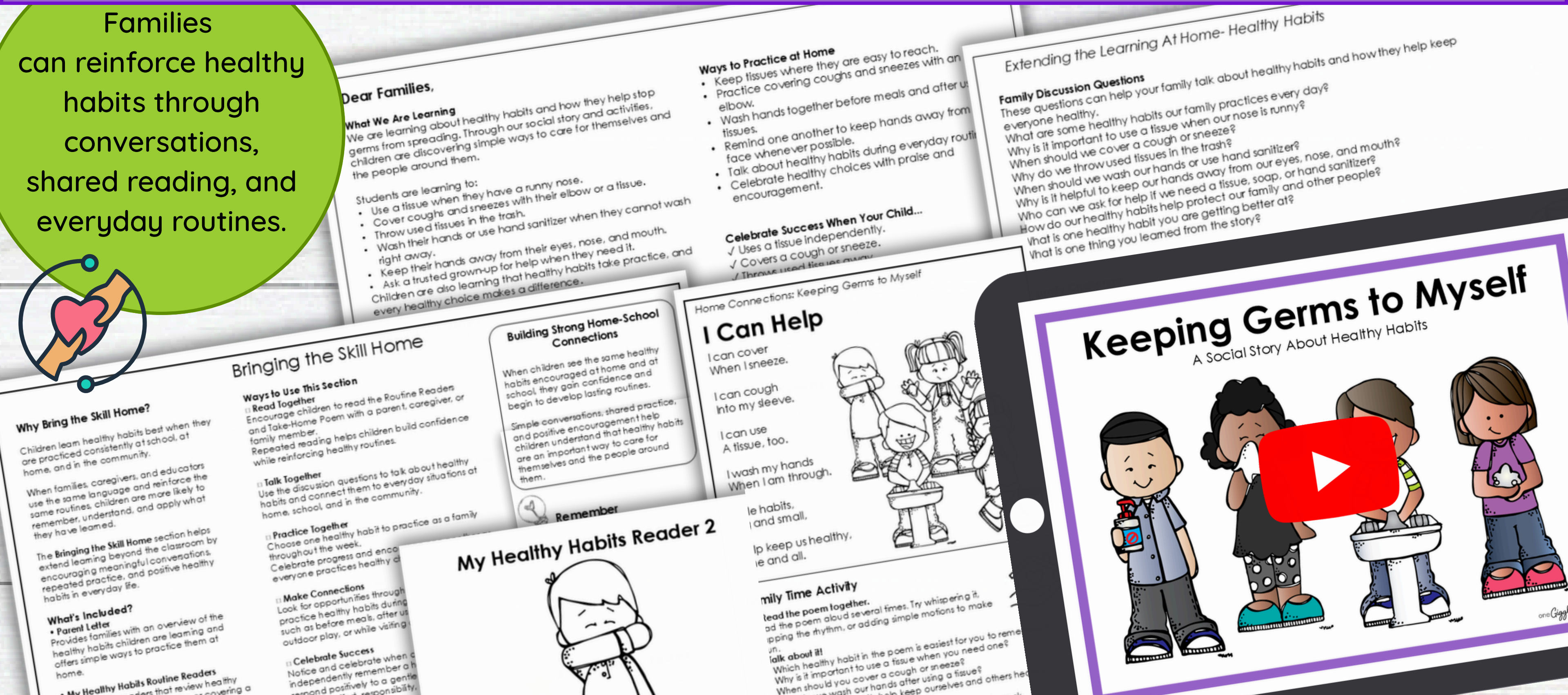
INSIDE THE HEALTHY HABITS TOOLBOX

The Healthy Habits Toolbox gives children simple visual reminders they can use throughout the day to make healthy choices with confidence.



LEARNING CONTINUES AT HOME

Families can reinforce healthy habits through conversations, shared reading, and everyday routines.



Helping schools and families work together.

HELPING CHILDREN GROW

One Giggle at a Time



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.

one giggle at a time is a passionate supporter of:

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!



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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities