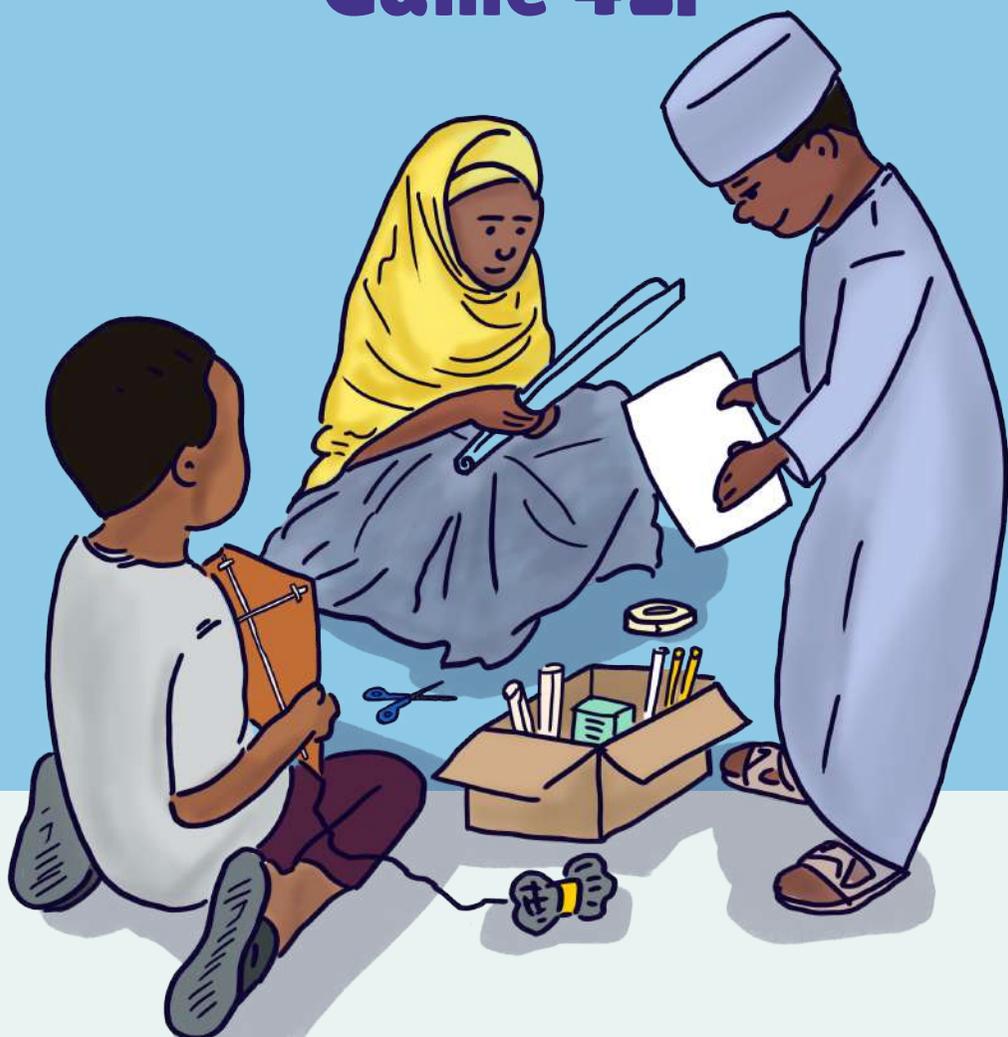


LETS MAKE SOMETHING

Game 42.



HABIT-WATCH

Instructions

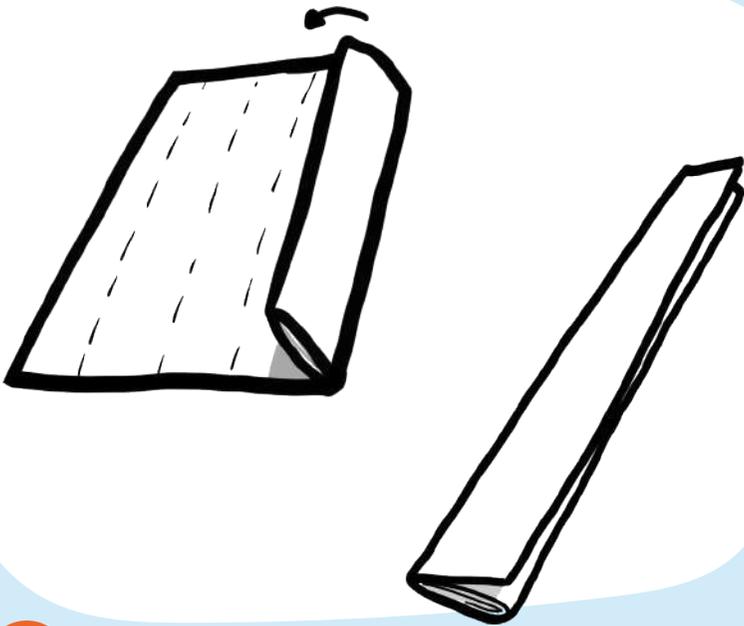


Introduction:

Build new habits by making a paper habit-watch.
Go for a walk, read a book, eat a fruit, play a game etc. What habits do you want to build?

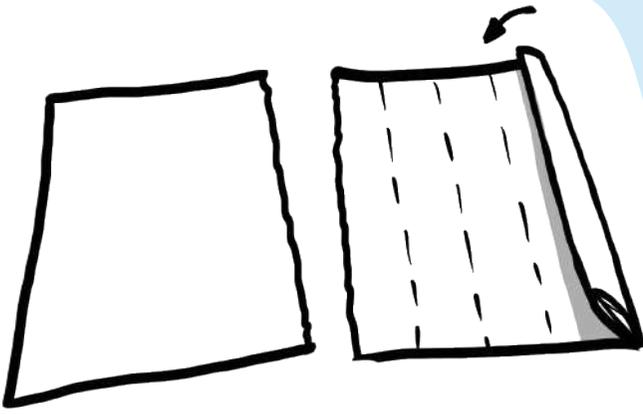
Materials:

2 Sheets of A4 paper, Small Cardboard, Glue or Tape, Pen



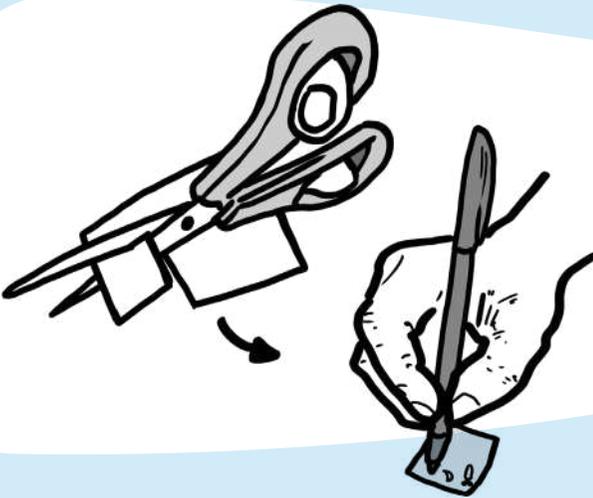
1

Take an A4 sheet of paper, and fold it on the long side to make a watch strap.



2

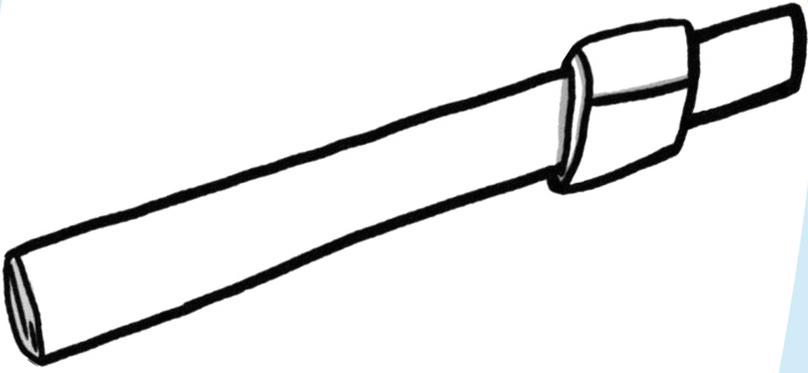
Take half an A4 sheet of paper and also fold from one long end to the other to make the watch buckle/holder



3

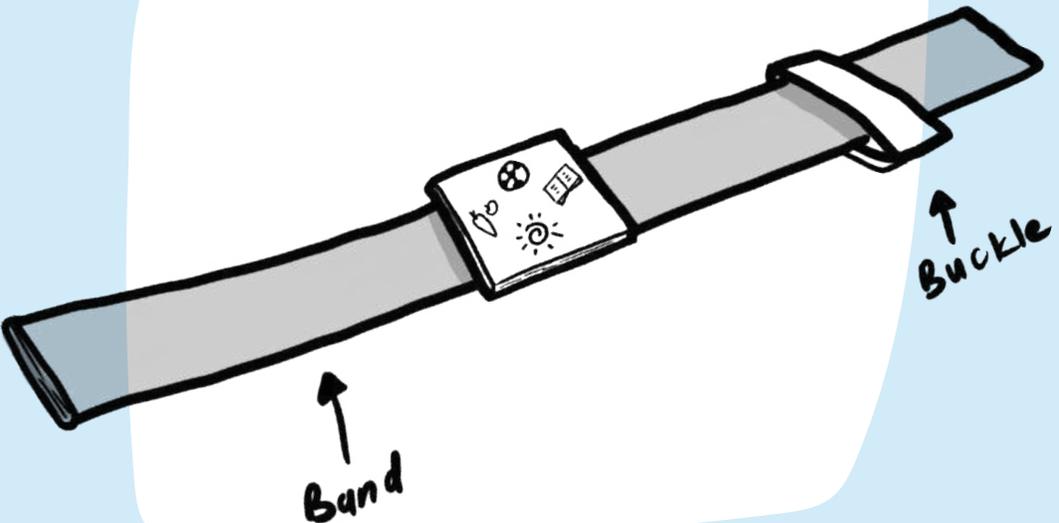
Cut a square cardboard paper to the size of a hand watch. Draw the symbols of the habits you want to work on, i.e.,

- Go for a walk,
- read a book
- Eat a fruit,
- Play a game, etc.



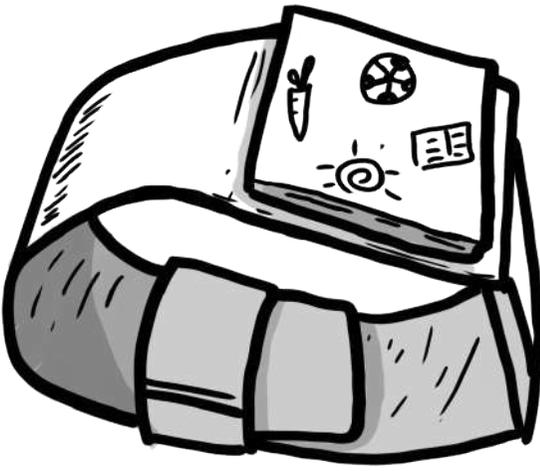
4

Wrap and glue the buckle at one end of the strap. We will call the other side of strap the the band.



5

Glue the cardboard piece on the middle of the strap with the activity part facing up.



6

Wrap the paper watch around your wrist and pass the band through the buckle. Pick the habits to do and repeat this everyday until your habits stick.

Examples of Habits and their symbols



Eat
vegetables



Eat
Fruits



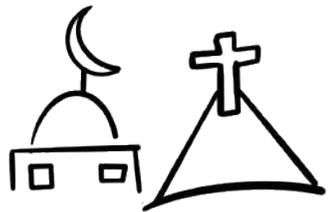
Cooking



Play
Outside



Go For
A Walk



Pray Everyday



Read A
Storybook



Sleep
Early



Final Results



NEXT GAME :
43. Challenge Board