

SOME RULES FOR KIDS



By J & A Barone

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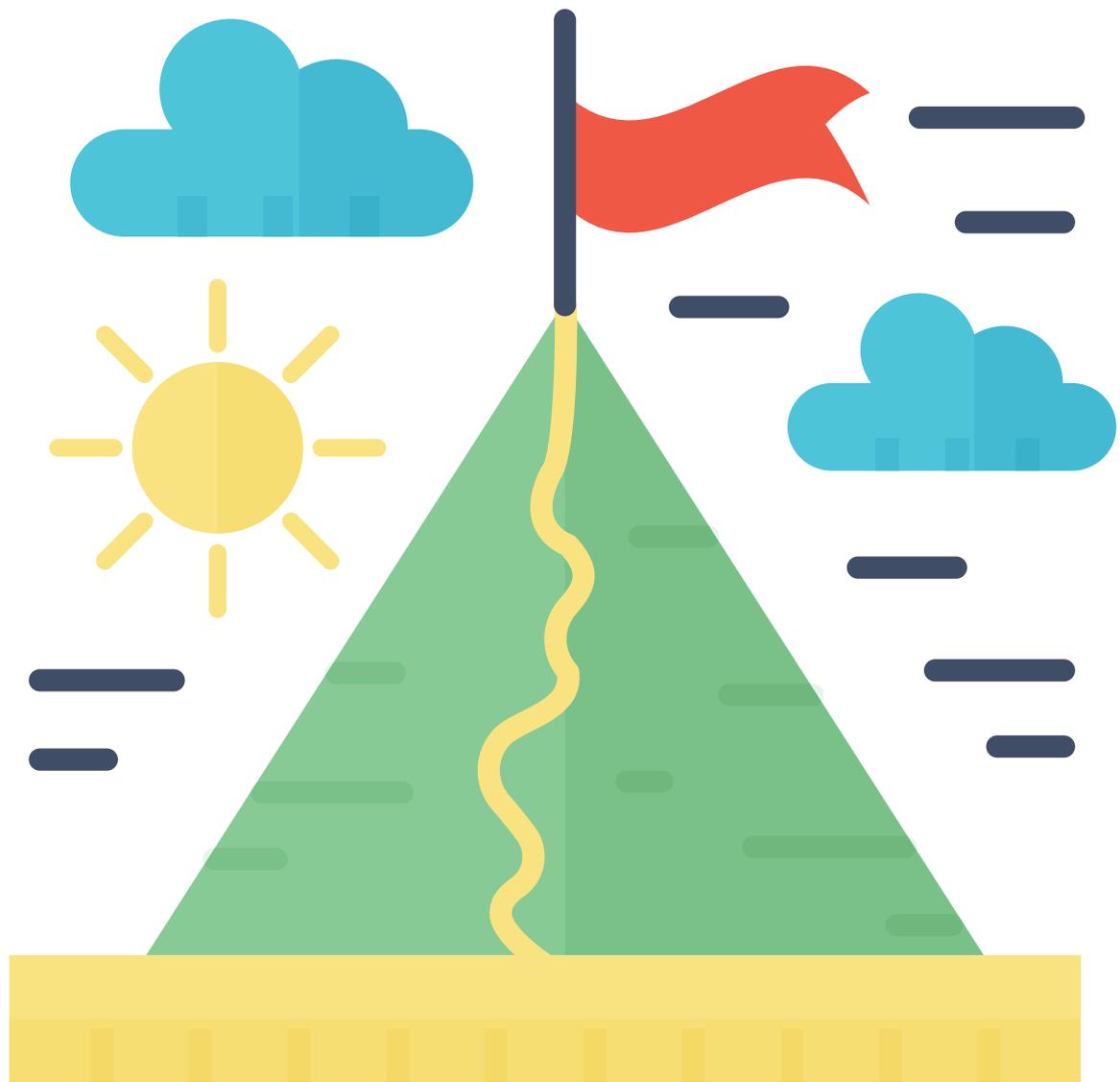
For Xander and Jaxon

We Love You

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ALWAYS TRY YOUR HARDEST

Give it your all, every time, for everything.

You will be proud of yourself when you are done.

It is ok to fail or lose, that is how you learn.

Winning is great but you don't learn as much from it.



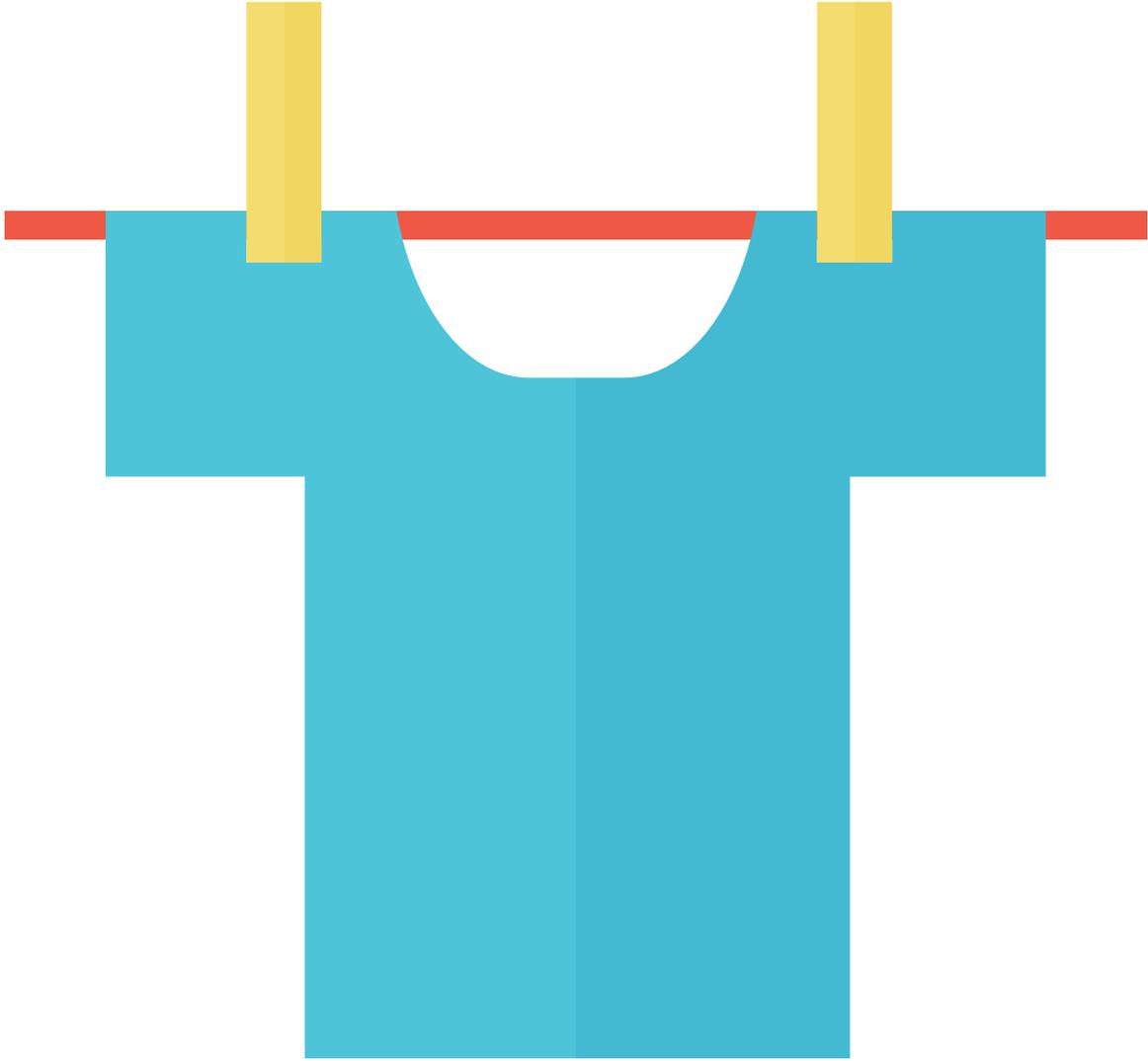
BE CONSISTENT

Don't give up, even when it's hard.

Repetition is key.

Keep at it everyday.

Make it a habit.



CLEAN UP AFTER YOURSELF

If you take it out - put it back.

If it spills - wipe it up.

If it's garbage - throw it out.

Put dirty clothes in the hamper.

Don't pee on the toilet seat.

Try not to be messy.



TELL THE TRUTH

Don't lie to anyone.

Be honest about your feelings.

You (usually) won't get in trouble for telling the truth.

You will earn trust and respect.



ASK QUESTIONS

There are no stupid questions.

Ask anything, anytime no matter how silly.

Discover something new by asking questions.

If you don't know, ask.



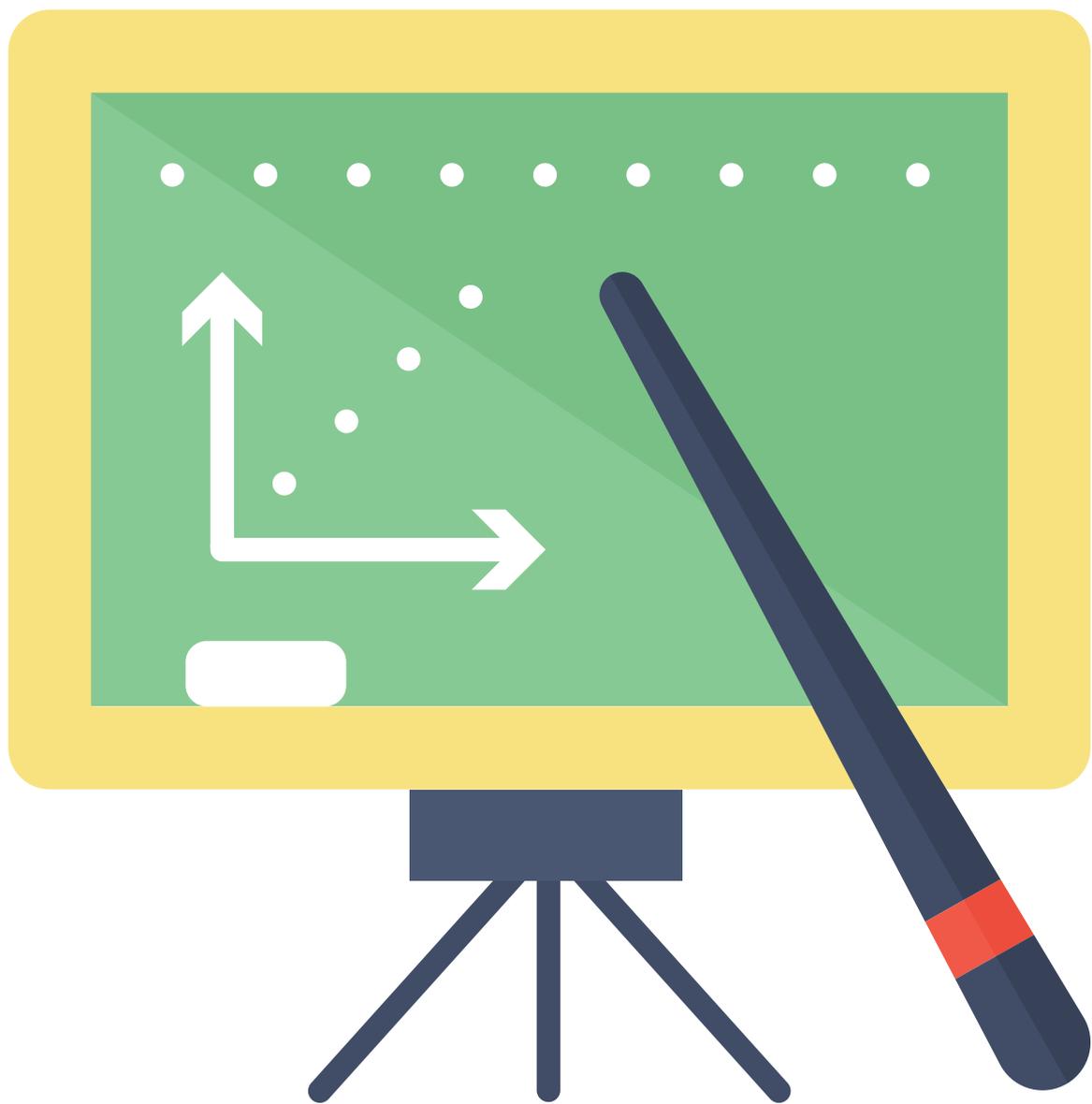
LISTEN CAREFULLY

Close your mouth and open your ears.

You learn best by listening, not talking.

Some people know more than you, learn from them.

Listening builds trust.



FOLLOW DIRECTIONS

Read it twice and do it once.

Complete one step at a time.

Do the best job you can do.

Take your time, don't rush.



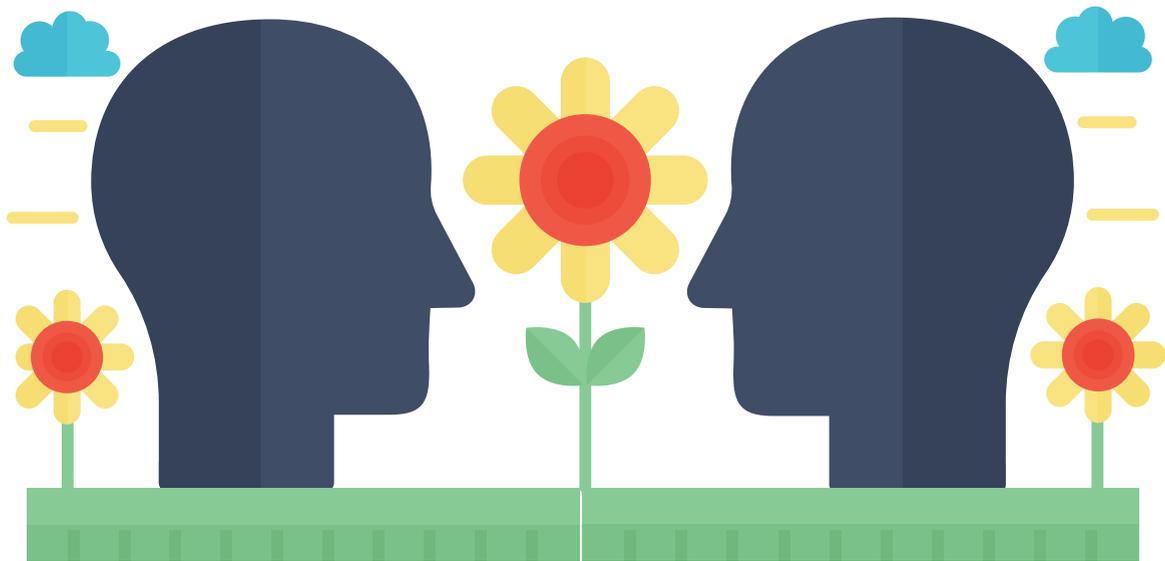
USE GOOD MANNERS

People like nice kids & nice kids make friends.

Say please and thank you.

Look people in the eyes when talking to them.

Shake peoples hands when meeting them.



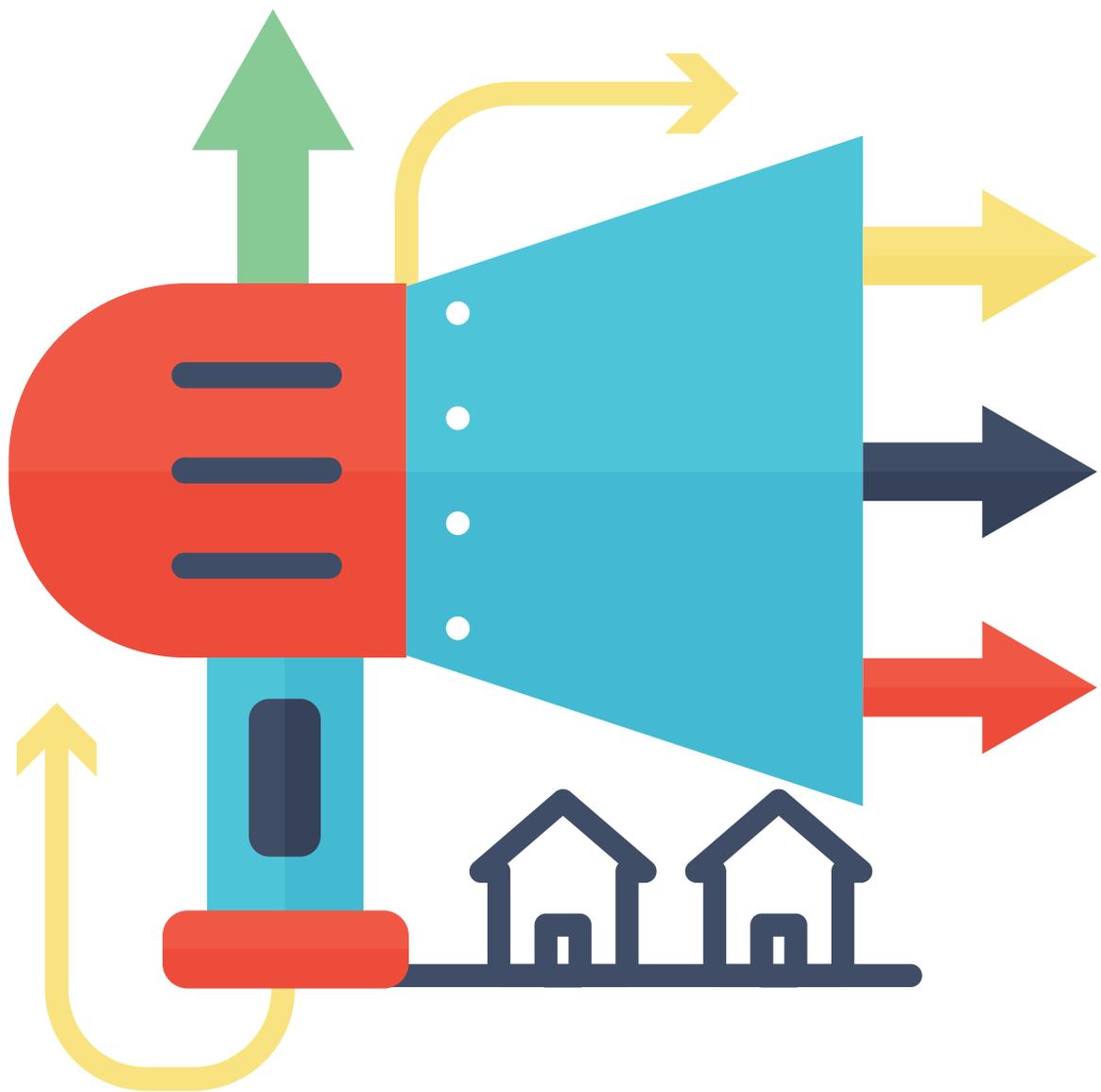
BE COURTEOUS

Listen when someone is talking.

Don't interrupt others.

Don't run around indoors.

No yelling and screaming.



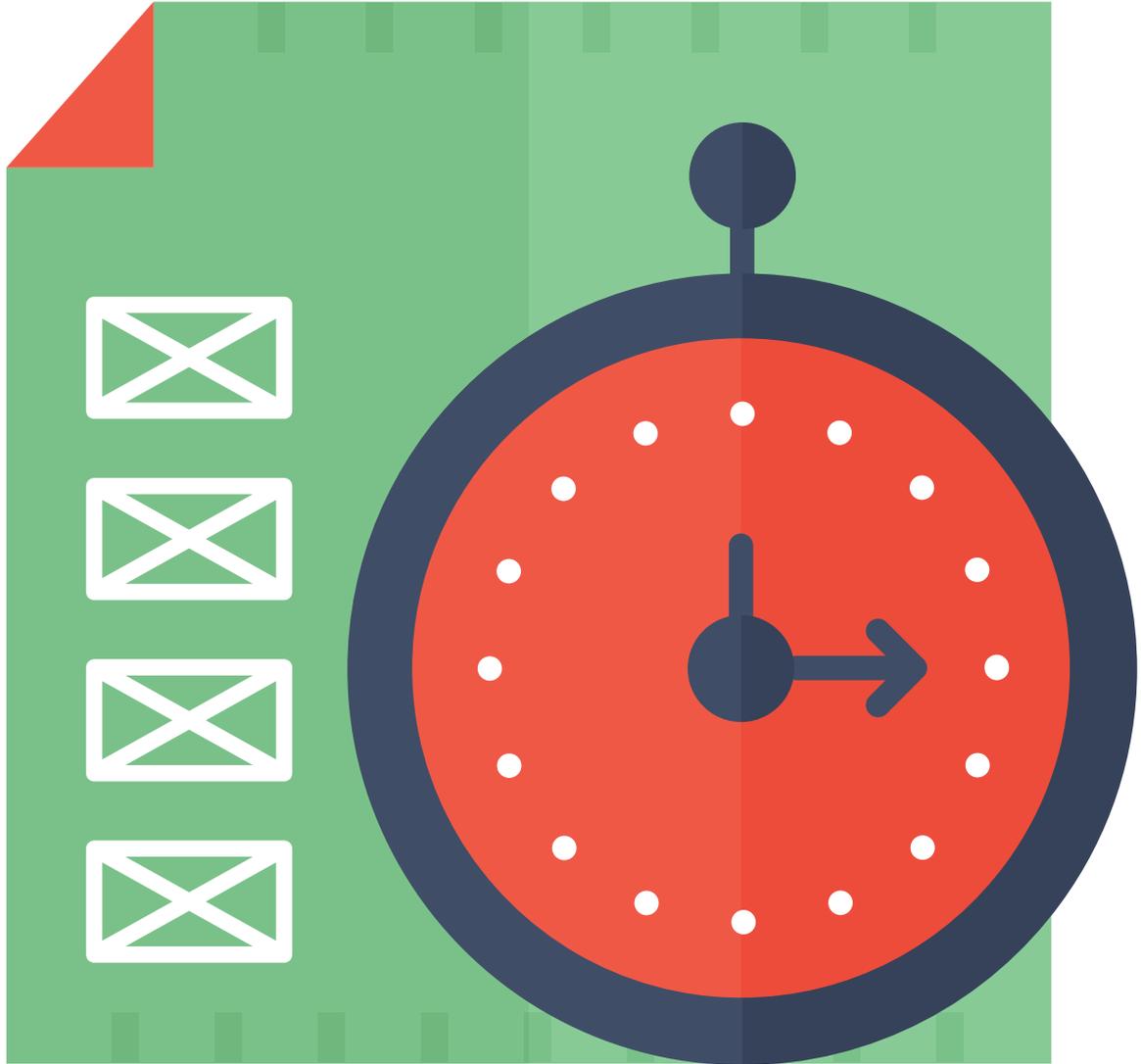
SPEAK UP AND SPEAK CLEAR

Choose your words wisely.

Use a strong voice and people will listen.

Don't speak negatively about others.

Have something nice to say.



BE RESPONSIBLE

Make your bed.

Get dressed.

Comb your hair.

Clean your room.

Do your chores.



EAT WELL

Drink lots of water.

Feed your body and your brain good food.

Some food is bad for you.

Good food is like medicine.



KEEP YOUR BODY CLEAN

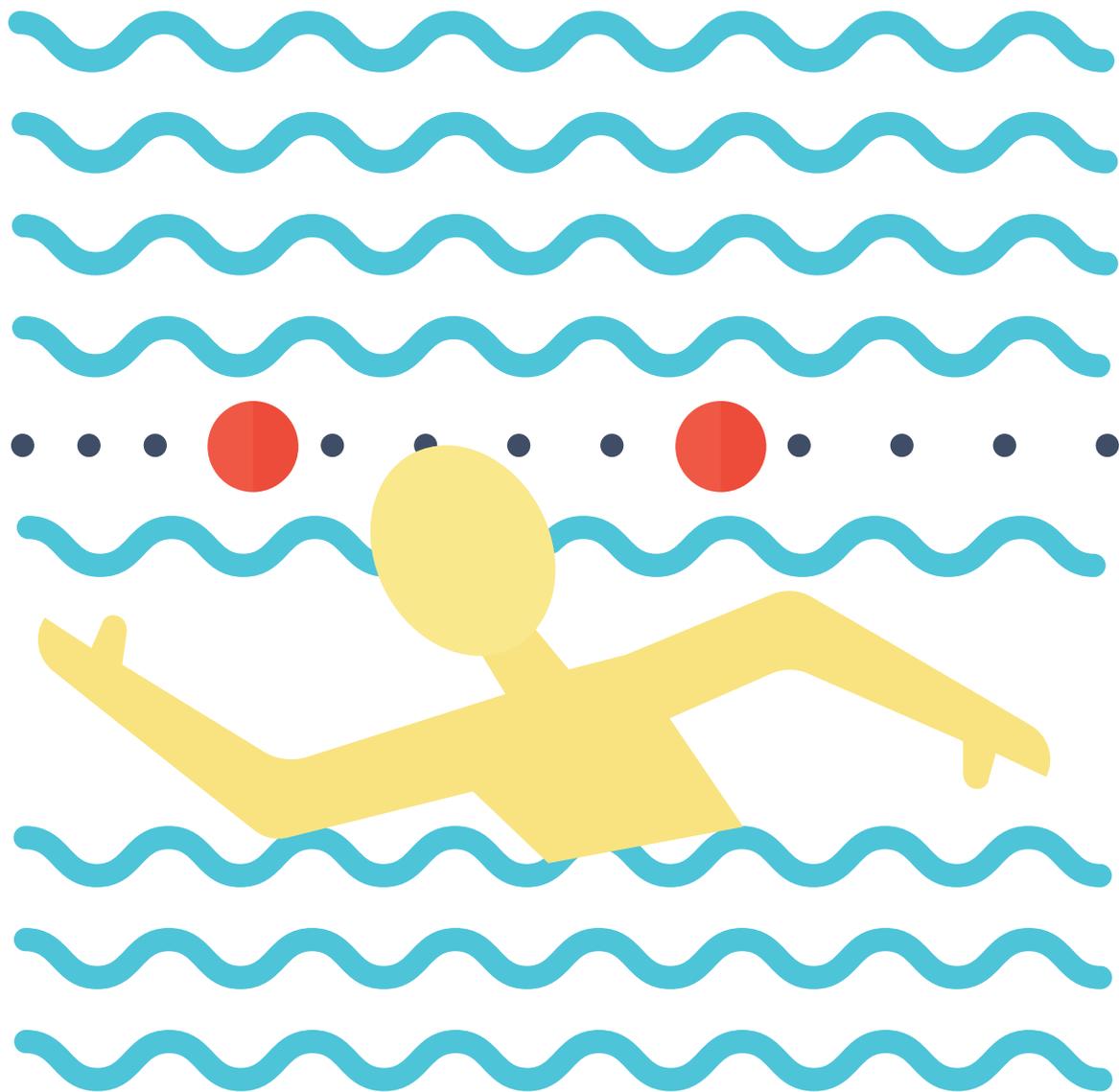
Wash often with soap and water.

Brush your teeth.

Keep your butt clean.

Cut your nails.

Clean your nose and ears.



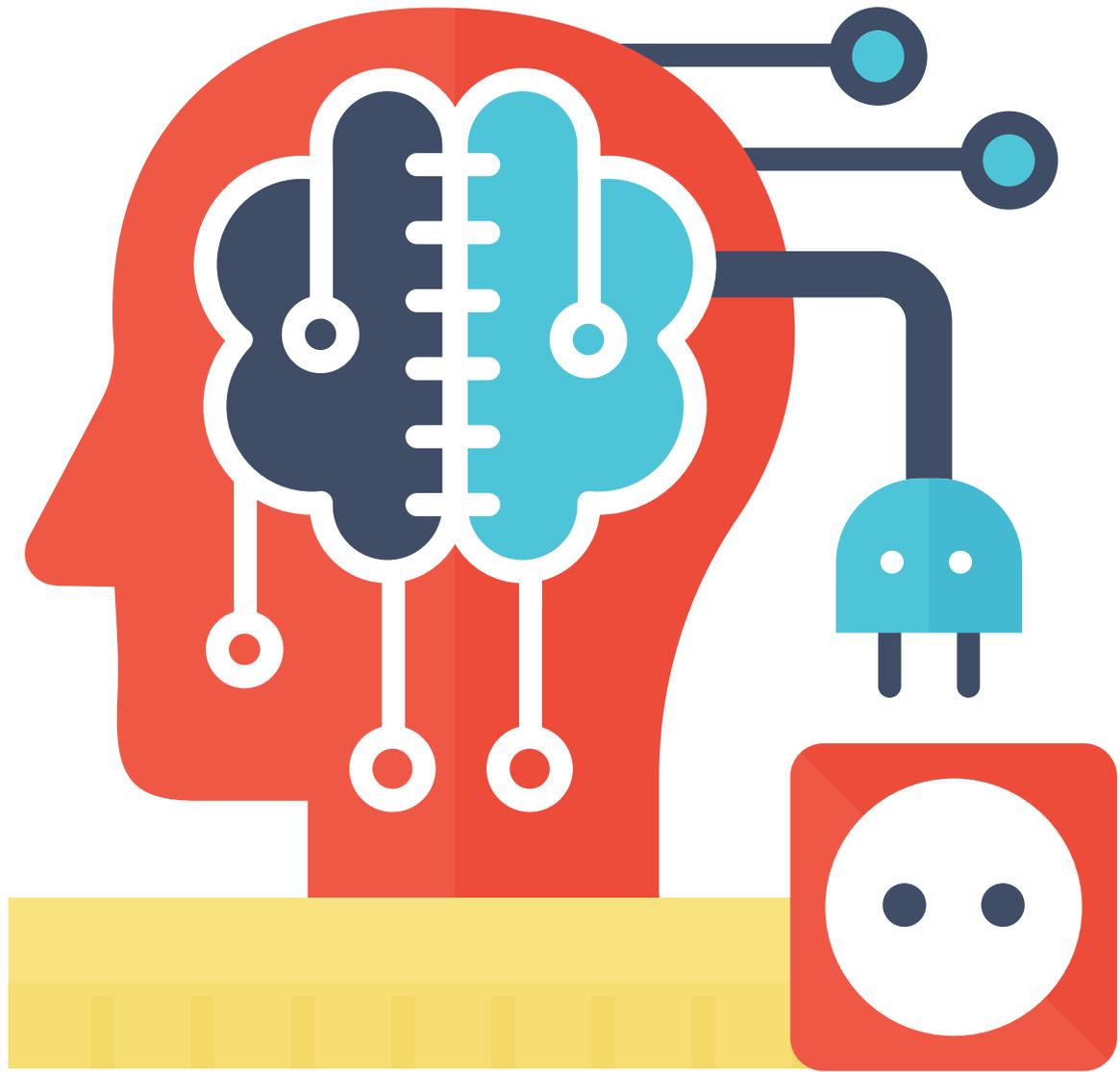
USE YOUR BODY

Go for a run or walk.

Exercise helps you not get sick.

You are capable of more than you can imagine.

Good food is fuel for your body.



USE YOUR BRAIN

Think before you speak.

You can do anything you put your mind to.

Stay positive and be happy.

Always pay attention to the details.

Learn as much as you can about everything.



TAKE CARE OF YOUR THINGS

Be careful with your things.

Clean them when they get dirty.

Put them back when you are done.

You could have them for a long time.



SAVE YOUR MONEY

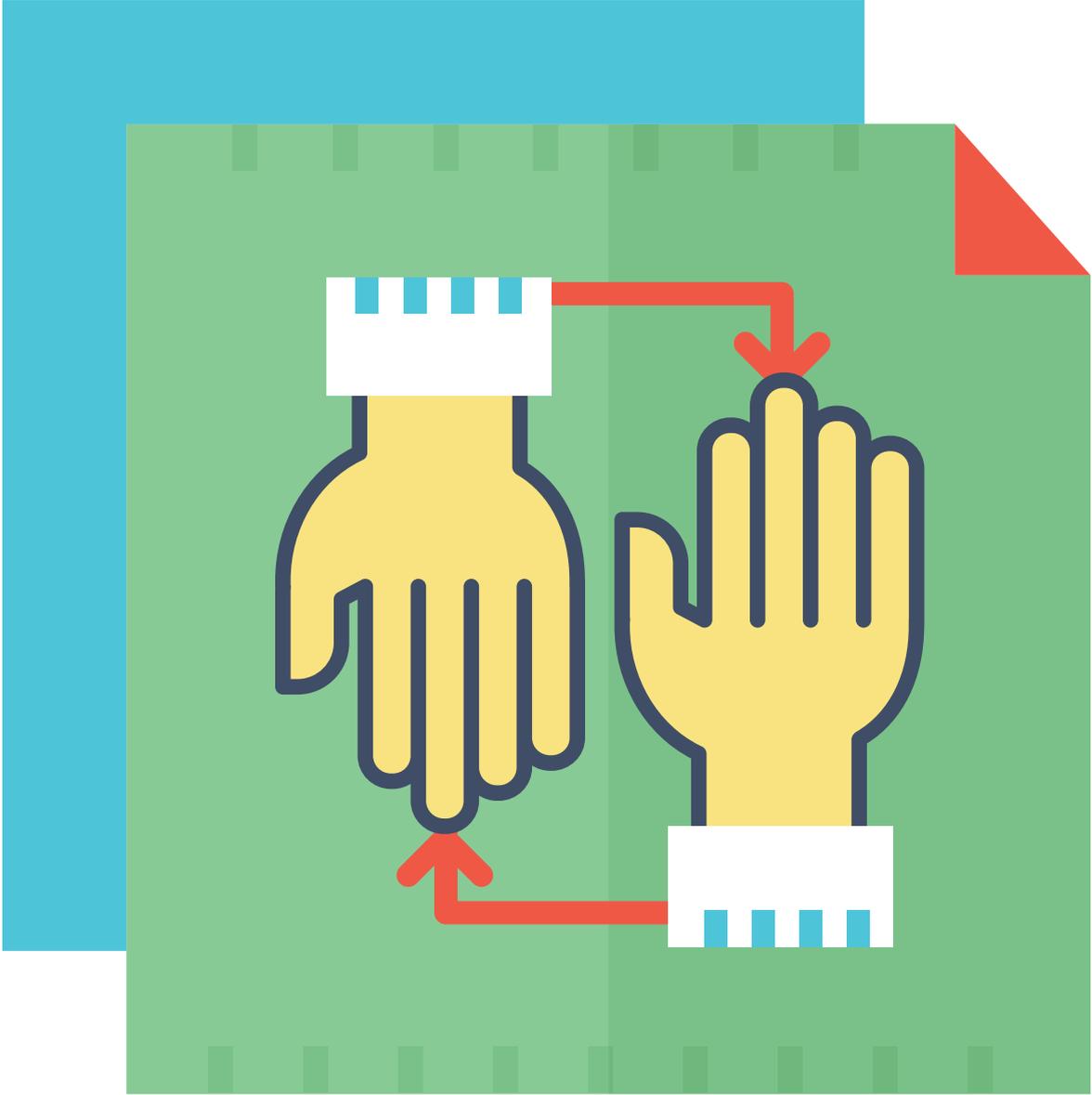
Don't waste your money on silly things.

Saved money adds up to more money.

Learn to wait, it is always better.

Nothing is free.

Buy something of quality.



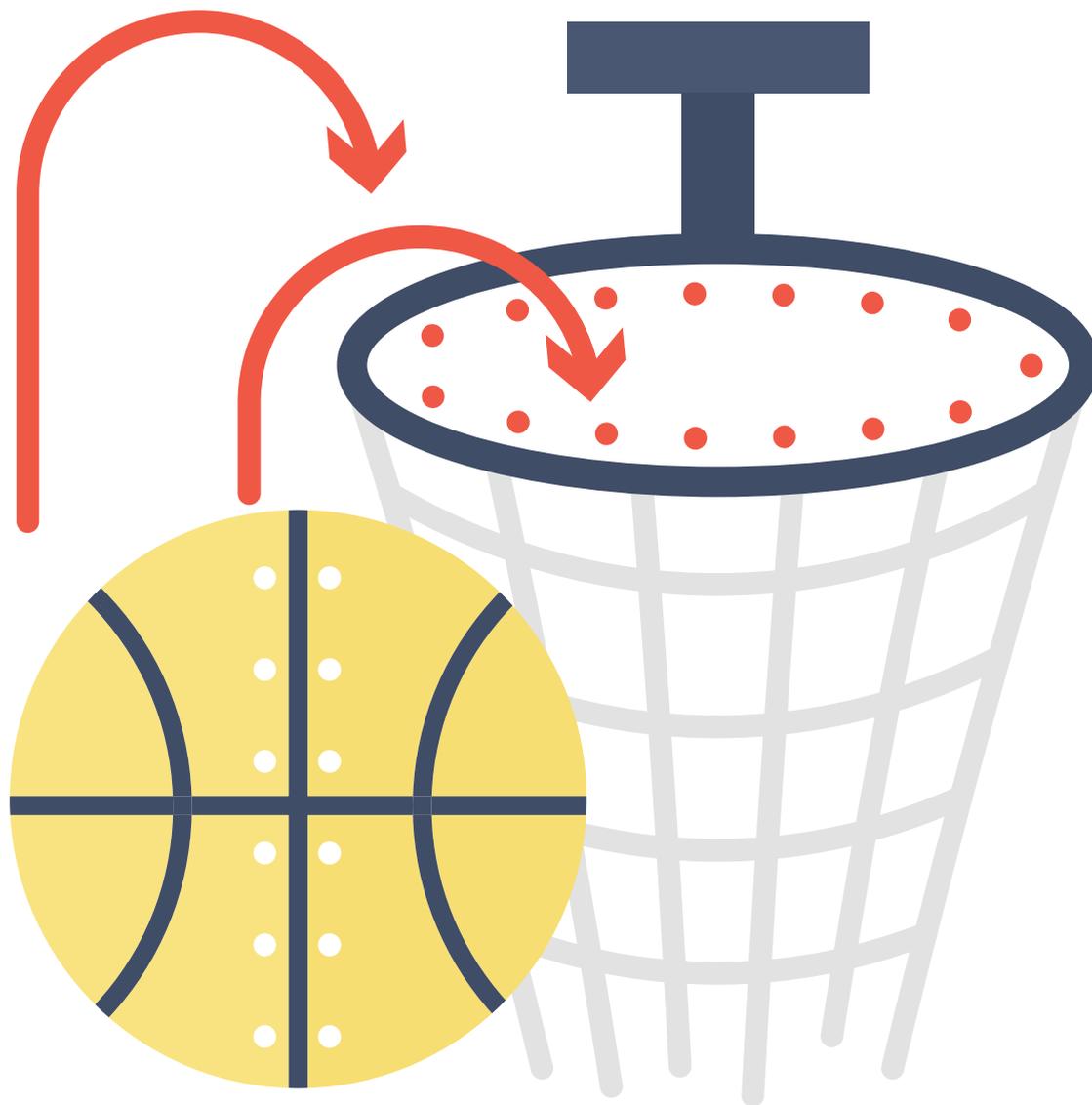
HAVE RESPECT

Have respect for others.

Have respect for yourself.

Have respect for your property.

Have respect for other peoples property.



PLAY NICE

Play nicely with others.

Always play by the rules.

You want them to ask you to play again.

Don't cheat, it won't make you feel good.

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BE YOUR BEST SELF!

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