

Mrs Wordsmith's  
**37 HOUSE RULES**  
**FOR HOMESCHOOL**



**DAILY**

**SHEETS**

**FOR A CALMER  
HAPPIER HOME**

- Developed with experts to guarantee development benefits
- Rules for modern households, from reducing screen time to being environmentally conscious
- Helps teach kids to take responsibility for themselves and others

**AU**  
EDITION

HOUSE  
RULE # 2

SAY  
THANK  
YOU

**grateful**

adj. feeling thankful



IT FEELS GOOD  
TO SAY THANK YOU.



**WAIT, WHY?**

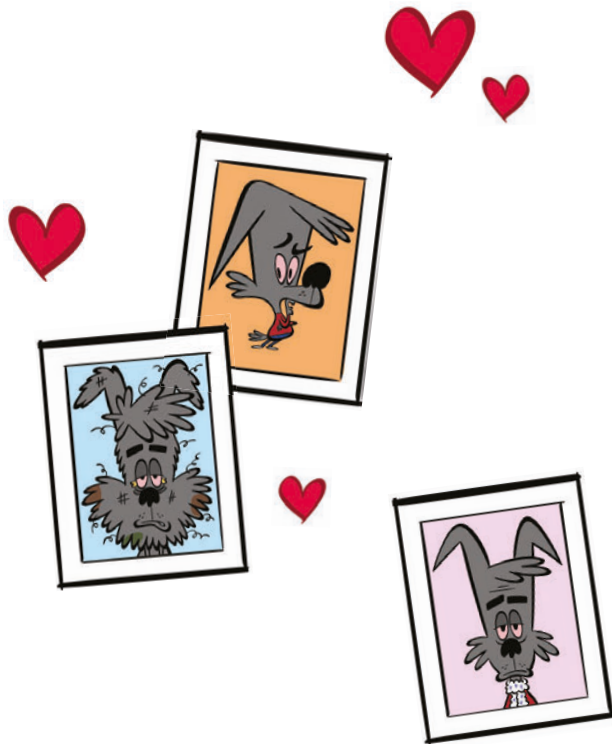
BEING GRATEFUL TRAINS YOUR BRAIN TO SPOT THE POSITIVE EVERY DAY.

Stick this up at home!

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HOUSE  
RULE # 4

SMILE



Stick this up at home!

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I'M CONSTANTLY  
DOCUMENTING  
YOUR LIFE.



REALLY?

SMILING FILLS YOUR  
BRAIN WITH ENDORPHINS.  
ENDORPHINS ARE  
CHEMICALS THAT MAKE  
YOU FEEL HAPPY.

memories

n. things you remember  
from the past

HOUSE  
RULE # 6

**FIND IT**  
**YOURSELF**



Stick this up at home!

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I AM NOT  
A GPS.

**search**

v. to look for something



**REALLY?**

DOING THINGS BY YOURSELF  
MEANS THAT YOU DON'T  
HAVE TO RELY ON OTHERS!

**HOUSE  
RULE # 1**

**GO  
OUTSIDE**

**AT LEAST ONCE  
A DAY.**



**WAIT, WHY?**

SCIENTISTS SAY EXERCISE  
MAKES YOU SMARTER.  
GIVE YOURSELF AN A+ FOR  
PLAYING OUTSIDE.

**free**

adj. able to do  
what you want



**THE BALLS  
ARE WAITING  
TO PLAY!**

Stick this up  
at home!

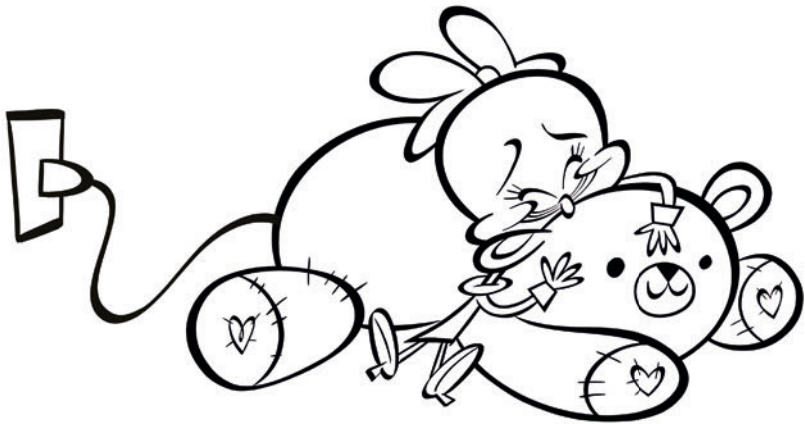


HOUSE  
RULE # 13

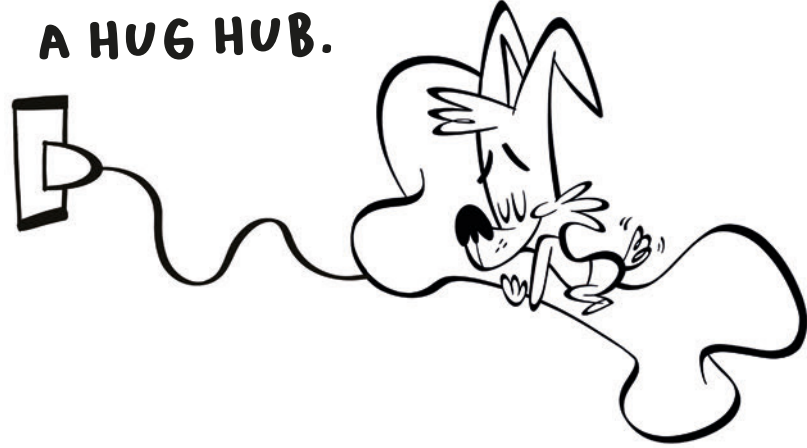
REMEMBER

TO

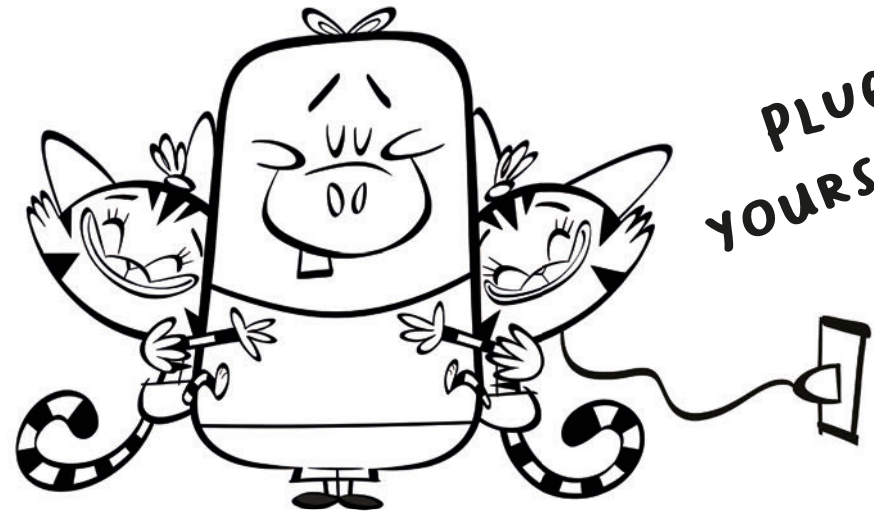
RECHARGE



THIS HOUSE IS  
A HUG HUB.



**comfortable**  
adj. relaxed and at ease



PLUG  
YOURSELF IN.

**BUT WHY?**

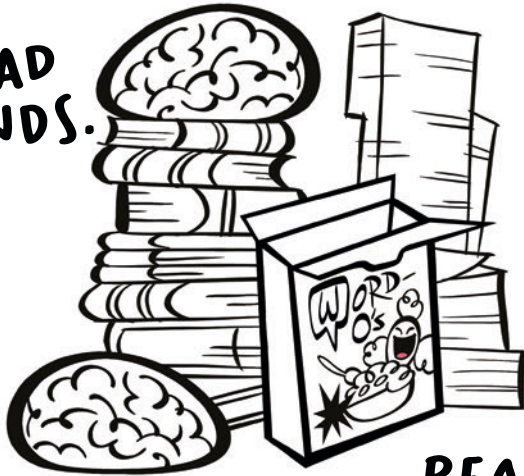
HUGS RELEASE A CHEMICAL IN YOUR BRAIN THAT SCIENTISTS CALL "THE CUDDLE HORMONE". THIS CHEMICAL MAKES YOU FEEL SAFE AND HAPPY.

Colour and stick this up at home!

**HOUSE  
RULE # 16**

**READ**

**READ  
MINDS.**



**READ  
CEREAL  
BOXES.**

**READ  
LIPS.**



**READ  
BOOKS.**

**avid**

adj. enthusiastic  
and interested

Colour and stick this up at home!

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**WHY THOUGH?**

NEUROSCIENTISTS HAVE  
FOUND THAT READING  
IMPROVES CONNECTIVITY  
IN THE BRAIN, LIKE A  
SUPER COMPUTER.

# HOUSE RULE # 20

# TIDY UP

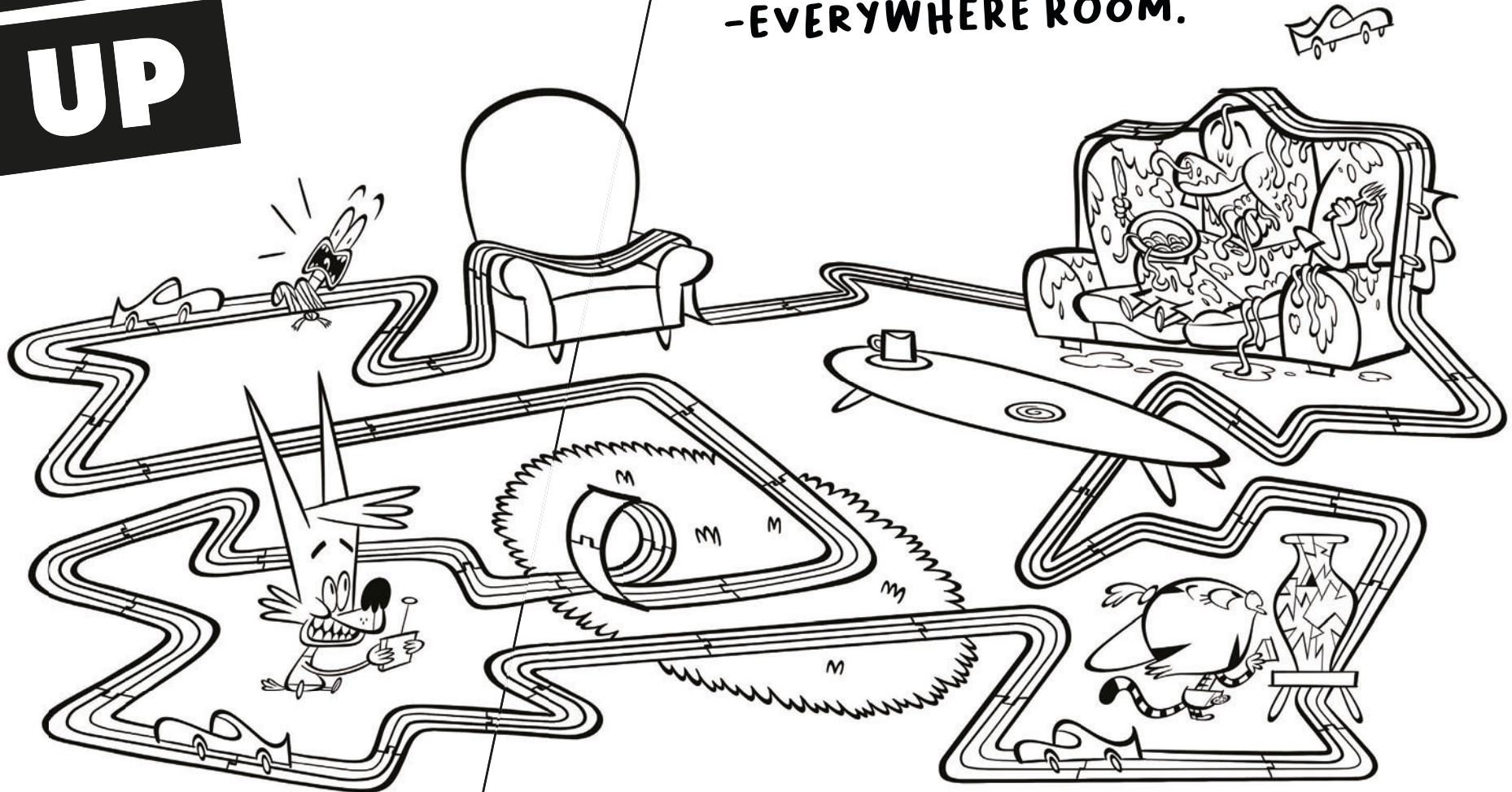
HAVING THINGS ALL OVER THE FLOOR IS PROVEN TO CAUSE MORE ACCIDENTS!

WHY ME?

IT'S CALLED THE LIVING ROOM, NOT THE LEAVE-YOUR-MESS-  
-EVERYWHERE ROOM.

**chaos**

n. total confusion and disorder



Colour and stick this up at home!