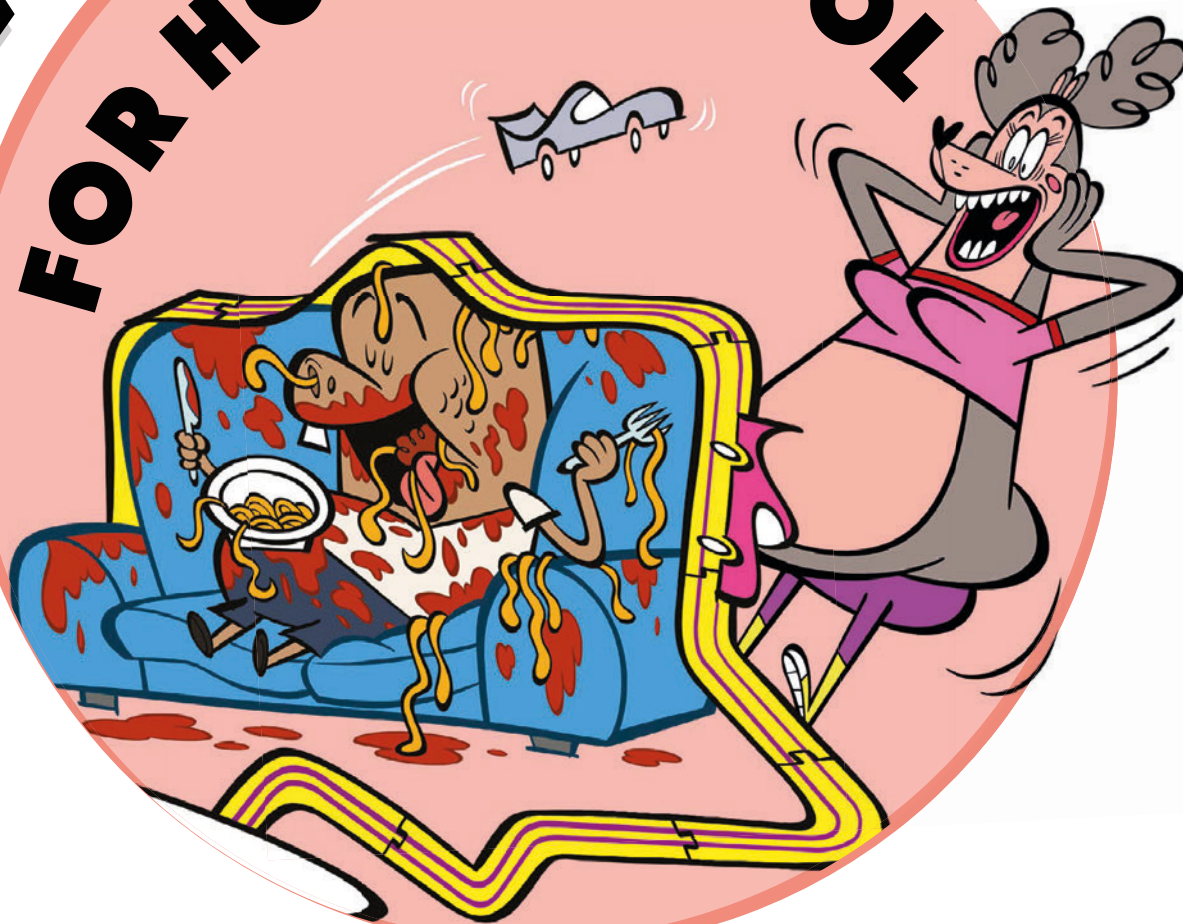


Mrs Wordsmith's
37 HOUSE RULES
FOR HOMESCHOOL



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

US
EDITION

mrswordsmith.com

HOUSE
RULE # 2

SAY
THANK
YOU

grateful

adj. feeling thankful



IT FEELS GOOD
TO SAY THANK YOU.



WAIT, WHY?

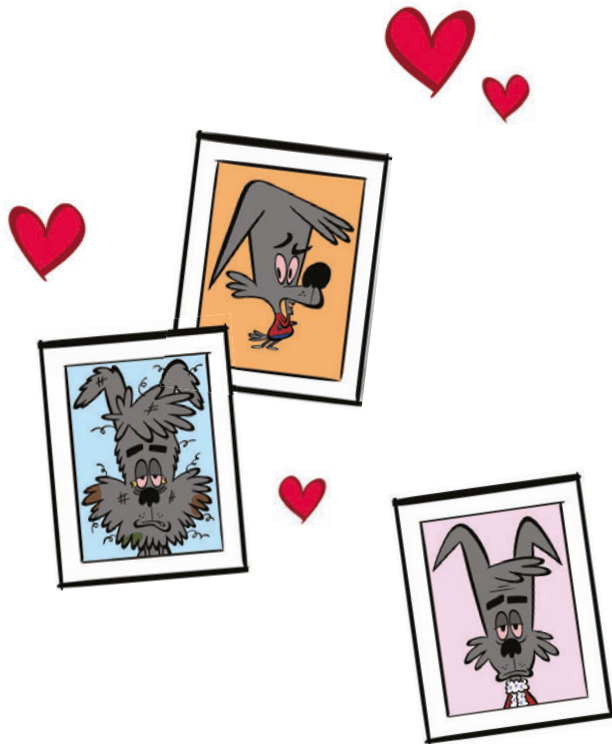
BEING GRATEFUL TRAINS YOUR BRAIN TO SPOT THE POSITIVE EVERY DAY.

Stick this up at home!

© 2020 Mrs Wordsmith

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.**

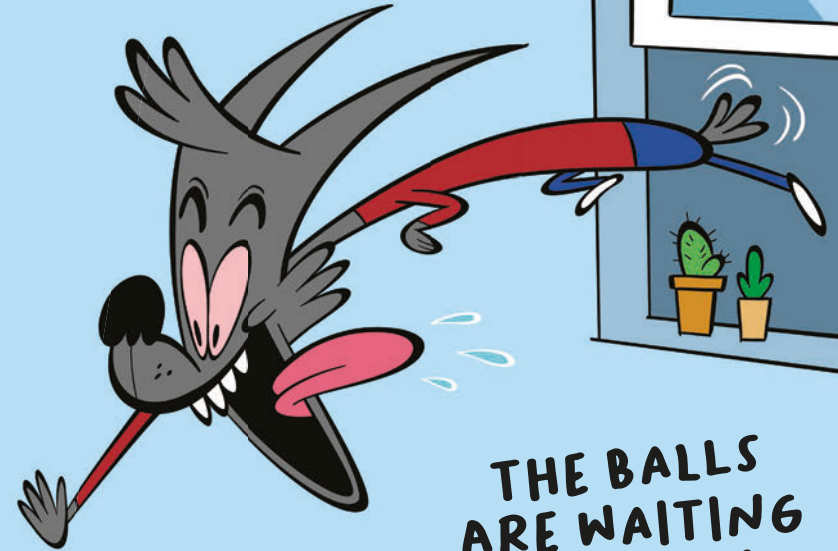


WAIT, WHY?

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!

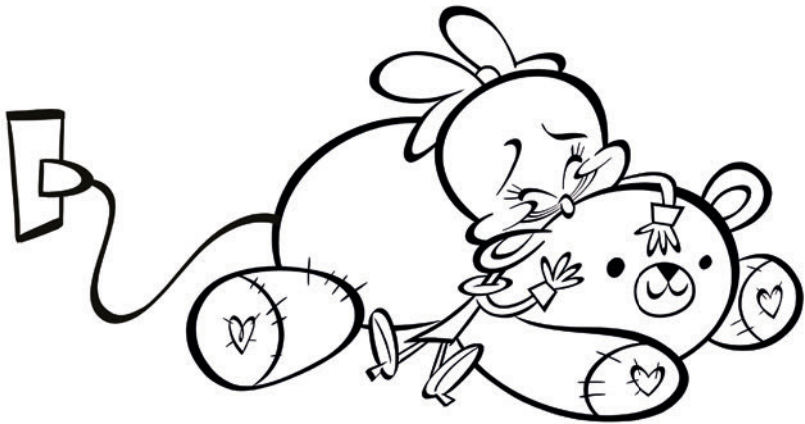


HOUSE
RULE # 13

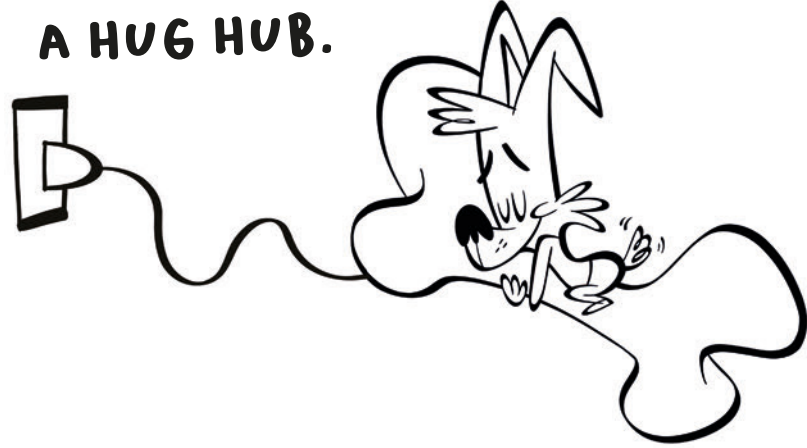
REMEMBER

TO

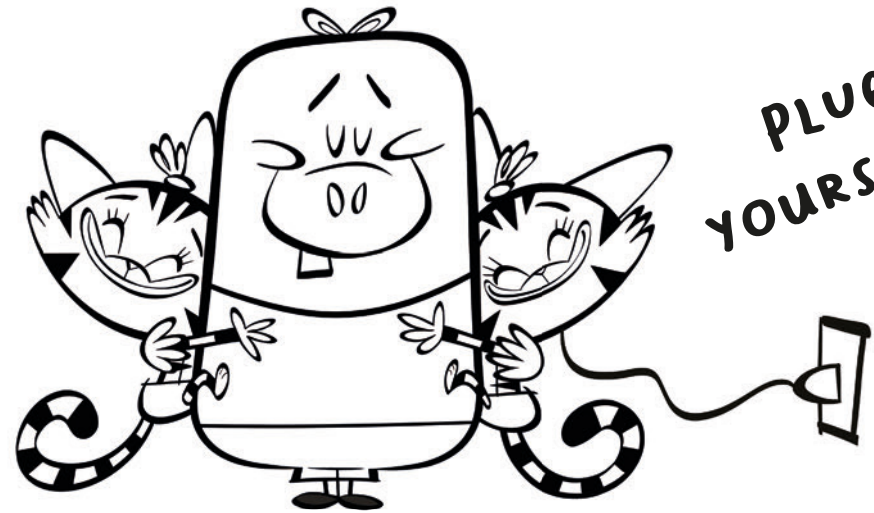
RECHARGE



THIS HOUSE IS
A HUG HUB.



comfortable
adj. relaxed and at ease



PLUG
YOURSELF IN.

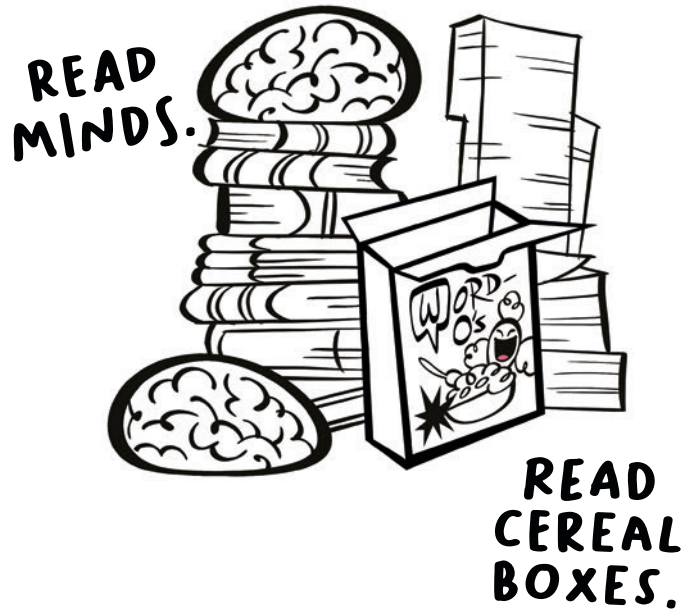
BUT WHY?

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

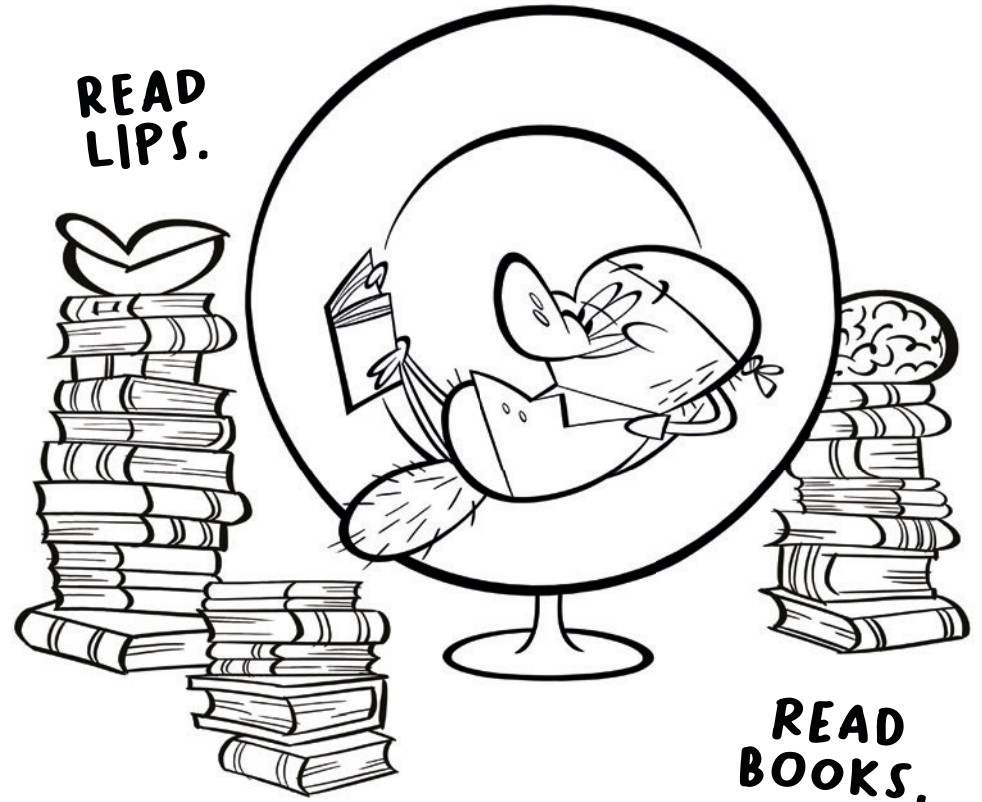
Colour and stick this up at home!

**HOUSE
RULE # 16**

READ



**READ
LIPS.**



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

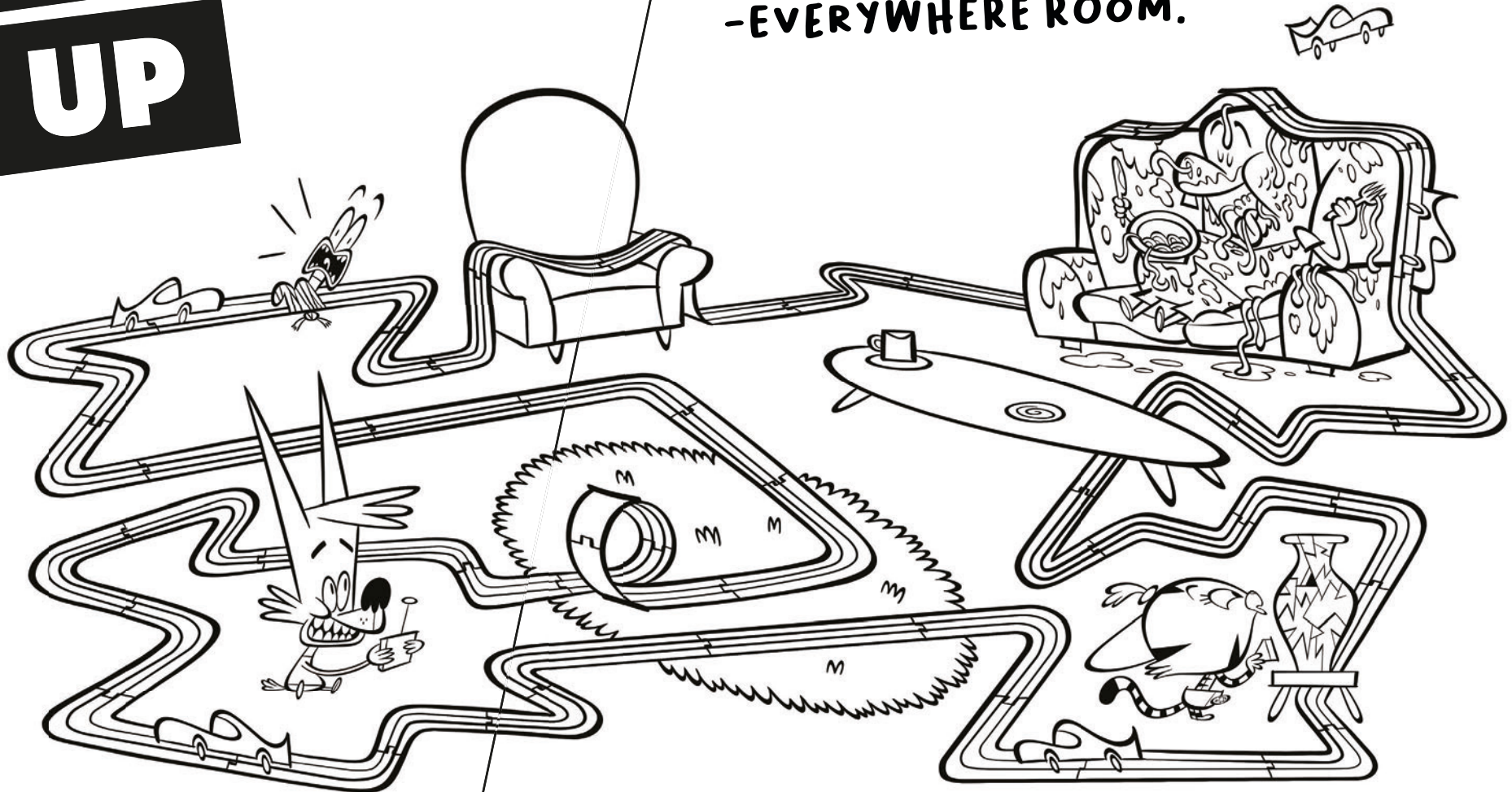
HAVING THINGS ALL OVER THE FLOOR IS PROVEN TO CAUSE MORE ACCIDENTS!

WHY ME?

chaos

n. total confusion and disorder

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



Colour and stick this up at home!