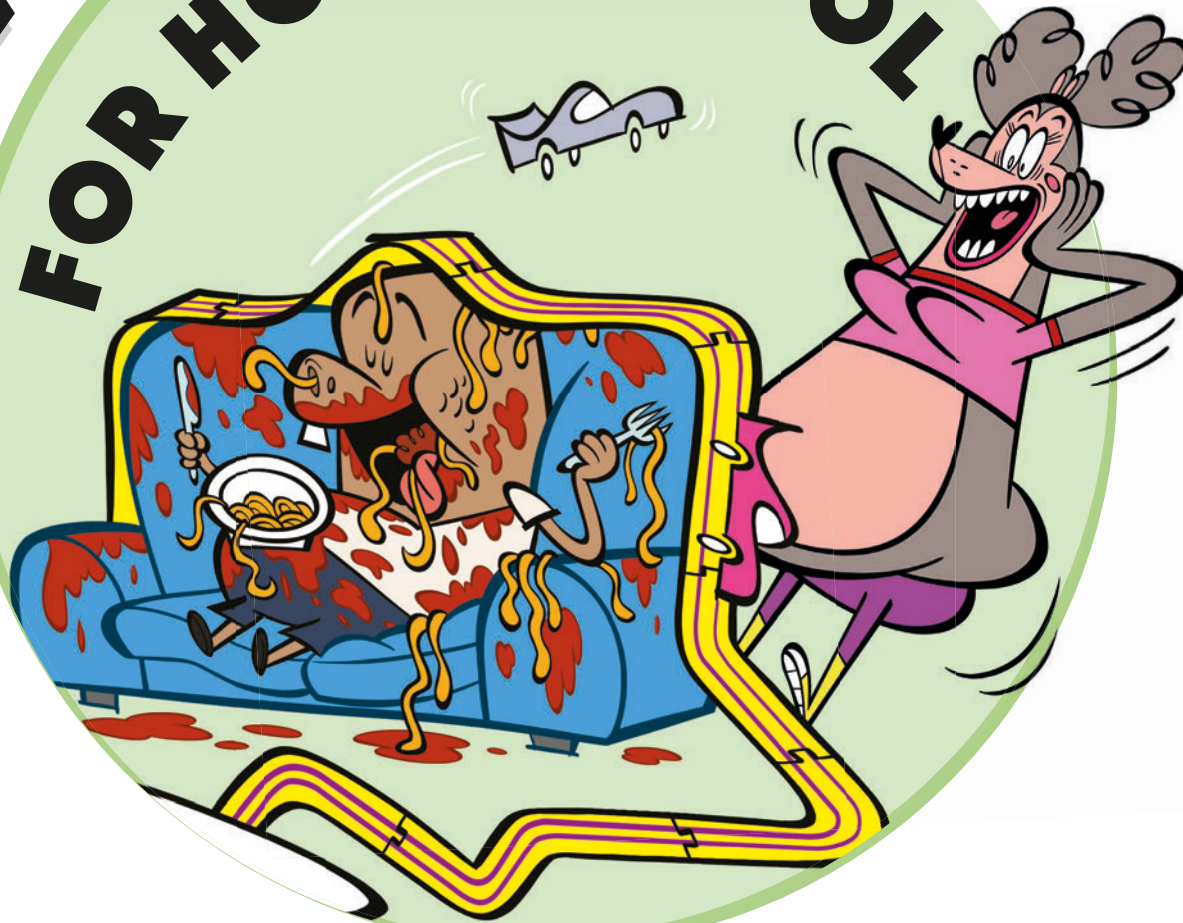


# Mrs Wordsmith's 37 HOUSE RULES FOR HOMESCHOOL



**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

**UK**  
EDITION

[mrswordsmith.com](http://mrswordsmith.com)

HOUSE  
RULE # 2

SAY  
THANK  
YOU

**grateful**

adj. feeling thankful



IT FEELS GOOD  
TO SAY THANK YOU.



**WAIT, WHY?**

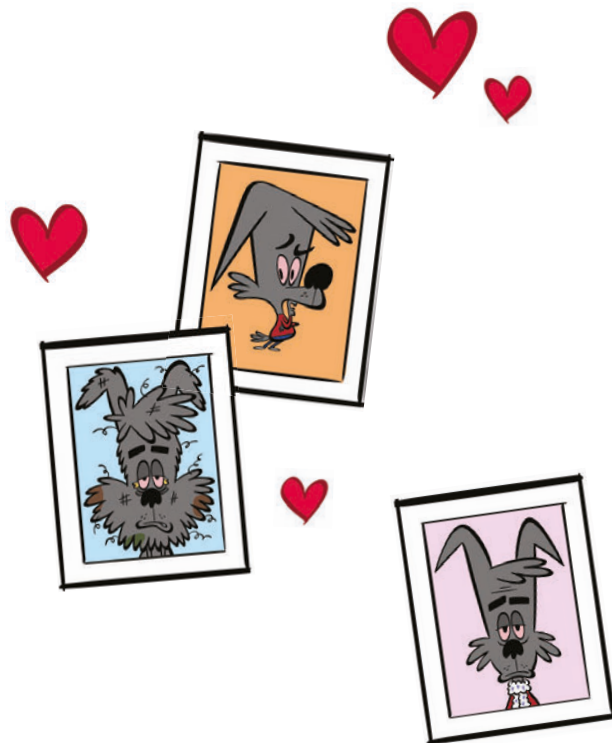
BEING GRATEFUL TRAINS YOUR BRAIN TO SPOT THE POSITIVE EVERY DAY.

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**

**WAIT, WHY?**

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

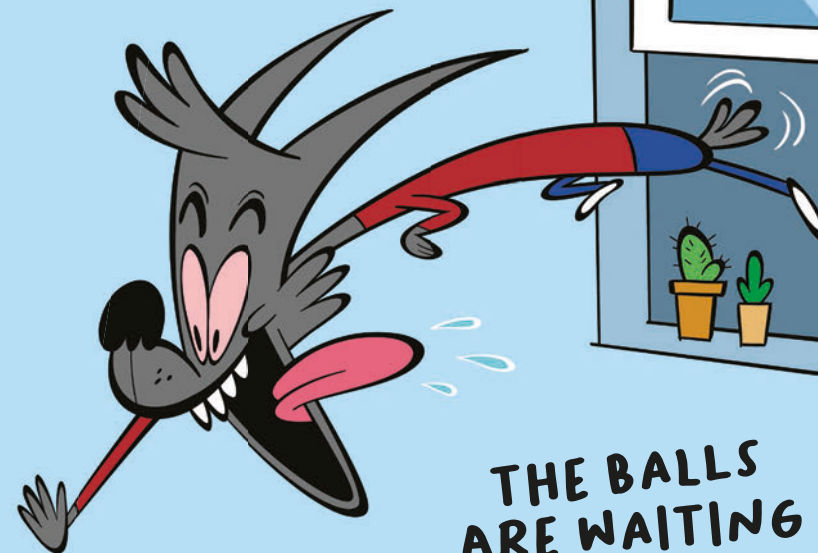
**free**

adj. able to do  
what you want

**GO**

**OUTSIDE**

AT LEAST ONCE  
A DAY.



THE BALLS  
ARE WAITING  
TO PLAY!

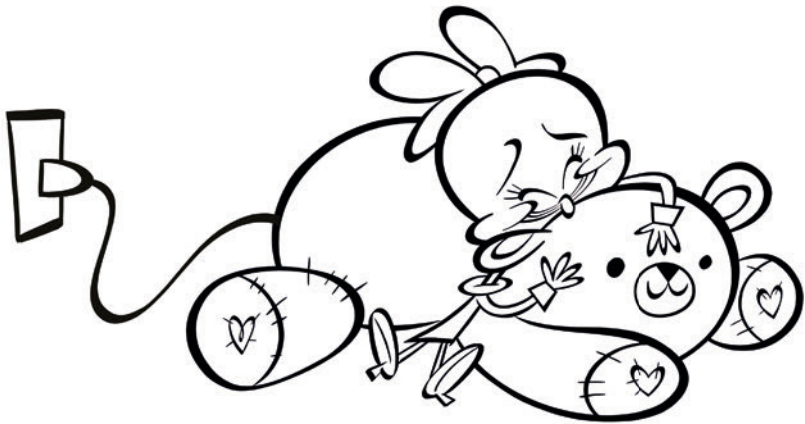
Stick this up  
at home !

HOUSE  
RULE # 13

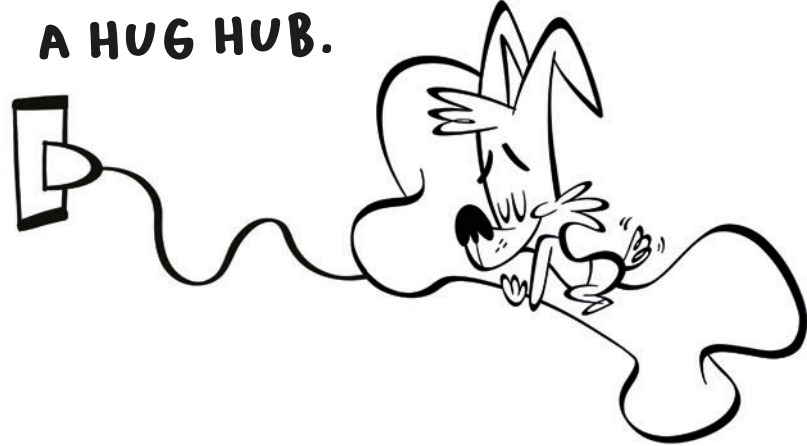
**REMEMBER**

**TO**

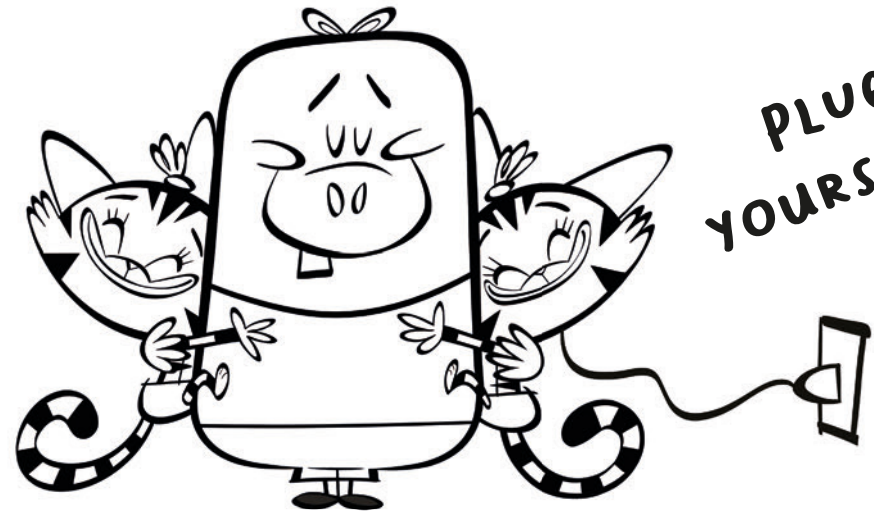
**RECHARGE**



THIS HOUSE IS  
A HUG HUB.



**comfortable**  
adj. relaxed and at ease



**PLUG  
YOURSELF IN.**

**BUT WHY?**

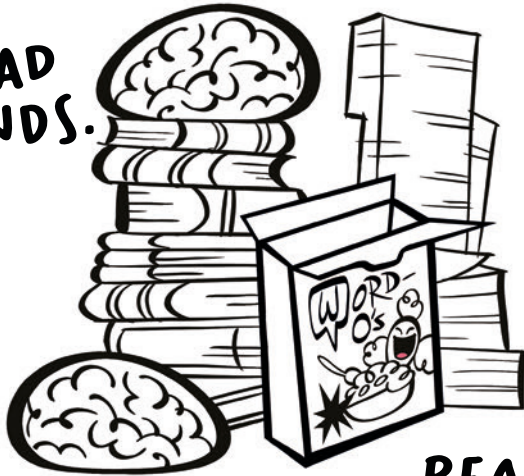
HUGS RELEASE A CHEMICAL IN YOUR BRAIN THAT SCIENTISTS CALL  
"THE CUDDLE HORMONE". THIS CHEMICAL MAKES YOU FEEL SAFE AND HAPPY.

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

**chaos**

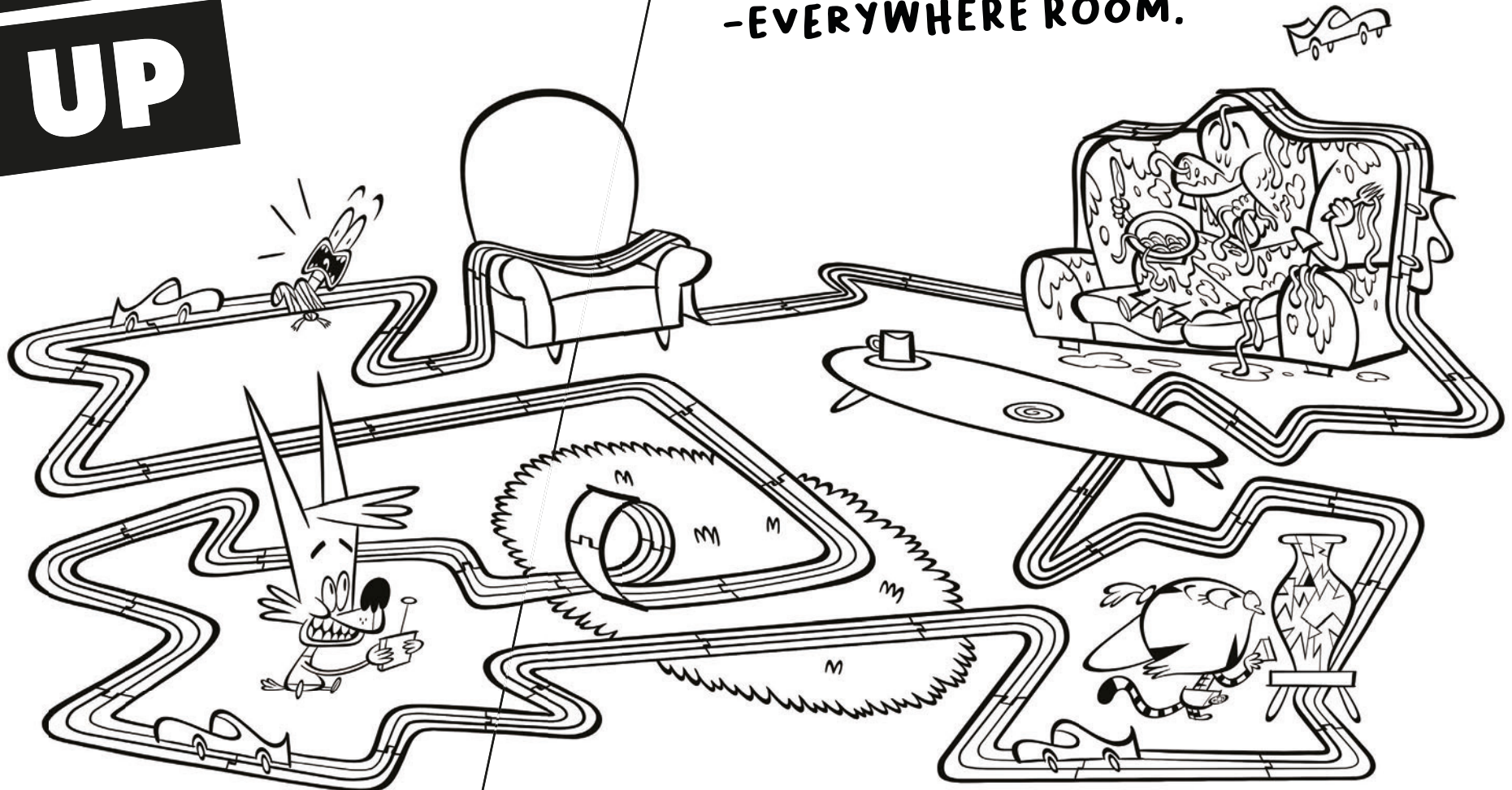
n. total confusion  
and disorder

# 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.



Colour and stick this up at home!