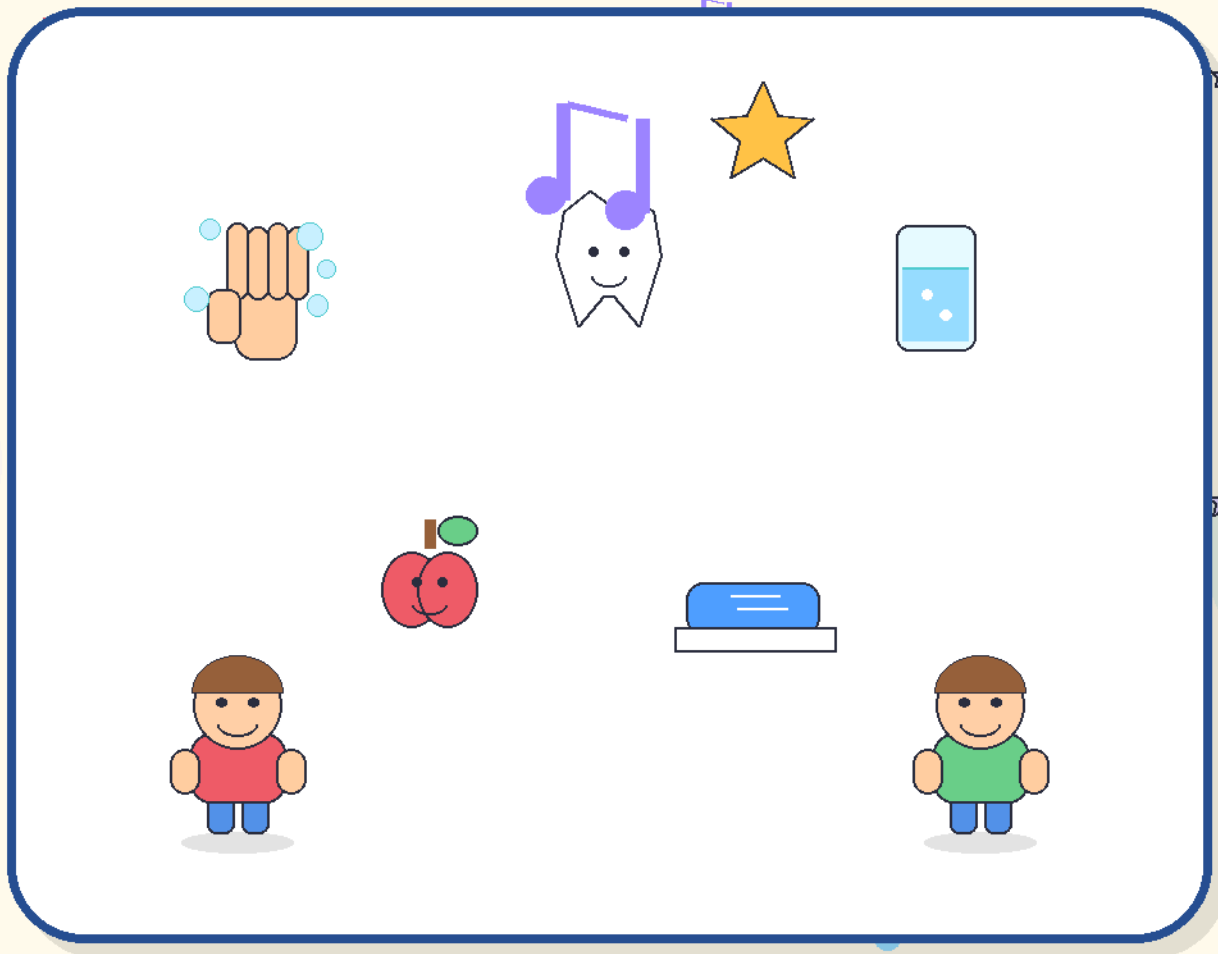


Healthy Habits

Song & Video Tracker

A colourful routine pack for handwashing, brushing, movement, water, calm-down time and bedtime



Watch together. Sing together. Practise the real habit.

How to Use This Tracker

Choose one habit at a time



1

Pick one habit

Start with handwashing, brushing, water, movement or bedtime.

2

Choose one short video

Use a calm, age-appropriate song or video for that habit.

3

Co-view when possible

Sing, move, wash or brush with your child instead of only pressing play.

4

Practise right after

Connect the video to the real action so the habit becomes familiar.

Parent note: This printable supports family routines. It does not replace medical, dental, nutrition or professional advice.

Handwashing Song Tracker

Scrub, rinse, dry and sing



☐ Turn on water safely

☐ Use soap

☐ Rub palms

☐ Wash between fingers

☐ Wash backs of hands

☐ Rinse well

☐ Dry hands

☐ Sing until done

Our handwashing song: _____

Practise after: bathroom, before food, after messy play, after coughing or sneezing, and after outdoor play.

Toothbrushing Song Tracker

Brush until the song finishes



☐ Toothbrush ready

☐ Toothpaste amount checked

☐ Song started

☐ Top teeth

☐ Bottom teeth

☐ Back teeth

☐ Adult helps finish

☐ Spit, do not rinse

Our toothbrushing song: _____

Parent reminder: Young children need supervision and adult help with brushing.
Speak with a dentist if you have concerns.

Movement Video Tracker

Move safely with music



☐ Clear the floor

☐ Check volume

☐ March

☐ Jump gently

☐ Freeze

☐ Stretch

☐ Clap

☐ Cool down

Our movement video: _____

Safety reminder: Keep space clear. Avoid slippery floors, sharp corners, rough play and unsafe jumping.

Water Drinking Reminder

Sip after active play



☐ Water bottle filled

☐ Cup is easy to reach

☐ Offer after outdoor play

☐ Offer with snack

☐ Offer after dancing

☐ Notice thirst cues

☐ Keep it simple

☐ Celebrate small sips

Our water song: _____

Family note: Keep the message balanced and pressure-free. Speak with a health professional if you have hydration or feeding concerns.

Fruit & Veg Song Page

Name foods without pressure



☐ Name one fruit

☐ Name one vegetable

☐ Wash food safely

☐ Use safe cutting

☐ Let child smell

☐ Let child touch

☐ Offer without pressure

☐ Supervise eating

Our food song: _____

Safety reminder: Check allergies, choking risks and age-appropriate food sizes.
Adults handle knives and hot food.

Calm-Down Song Page

Slow, soft and simple



☐ Lower the volume

☐ Dim the room if helpful

☐ One slow breath

☐ Hands on tummy

☐ Stretch gently

☐ Name one feeling

☐ Pause the screen

☐ Try quiet time

Our calm-down song: _____

Reminder: Calm-down songs should feel safe and gentle. Stop if your child seems distressed or overwhelmed.

Bedtime Routine Song Chart

Same steps, same order



☐ Tidy one thing

☐ Bath or wash

☐ Pyjamas

☐ Brush teeth

☐ Story

☐ Cuddle

☐ Lights lower

☐ Sleep song

Our bedtime song: _____

Tip: Use the same short song for a week so the routine feels familiar and predictable.

My Family Healthy Habit Song

Make up your own words



Our habit is:

Our tune is:

Our silly action is:

Write your song words here:

Example: Wash, wash, wash your hands, bubbles all around.

One Week Healthy Habit Tracker

Choose one habit to practise



Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Handwashing	☐	☐	☐	☐	☐	☐	☐
Toothbrushing	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐	☐	☐
Calm-down	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

This week's song or video: _____

Parent reminder: One short purposeful video is enough. Practise the real habit afterwards.

Parent Co-Viewing Reminder

Turn the video into real-life practice



Watch together

Sit nearby and join in when possible.



Sing together

Use your voice, even if it is not perfect.



Move together

Clear space and model safe movement.



Practise after

Wash, brush, stretch, sip or breathe together.



Keep it short

Stop before your child becomes overwhelmed.



Repeat gently

Use the same song until the routine feels familiar.

Videos are tools, not the whole routine. The habit grows when a caring adult helps the child practise in real life.