



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-1: MODULE 2

# HABIT BUILDING & DAILY DISCIPLINE

**Dr. Nirbhay K.**  
Educational Consultant

   [earlycareerhelp](https://www.instagram.com/earlycareerhelp)

 **9570133616**



**EARLY CAREER HELP'S**

**NEEV**

Nurture | Enlighten | Evaluate | Victory




GUIDANCE PROGRAM

# NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S  
THINKING, FOCUS, AND

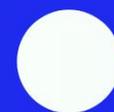
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FROM THE START

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Mentor



**Dr. Nirbhay Kumar**  
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🌟 **Good habits = bright future!** 😊 📅

- 🕒 Set a daily study routine with breaks
- 🕒 Make a fixed time for homework and revision
- 📅 Sleep on time, wake up fresh to learn better
- 🌟 Reward small achievements to build motivation
- ✗ Avoid procrastination with a task list
- 📅 Use a calendar to plan school work
- 🧹 Keep study area neat for better focus
- 💡 Build habit of 'Do it now' not 'Later'
- 👨👩 Parents should model good discipline
- 🌱 Consistency builds strong academic habits

**Habits today, success tomorrow!** 🌱

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## Why Habits Matter

- ❑  Habits shape our actions every day
- ❑  Repeating good habits builds self-discipline
- ❑  Foundation of long-term success
- ❑  Children feel confident when they follow routines

  
**Habits make heroes!**



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## Start with Small, Easy Habits

-  Make your bed every morning
-  Read 10 minutes daily
-  Brush teeth twice a day
-  Pack your bag at night

Small steps, big wins!



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## Morning Routine Chart



- Wake up → Brush → Exercise → Breakfast
- Use a visual routine chart with pictures
- Tick marks give a sense of achievement
- Kids can decorate their chart

Begin your day,  
the right way!



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## Evening Wind-Down Habits

- 🧑🎒 Pack schoolbag → Lay out clothes → Read a book
- 😴 Say goodnight with gratitude
- 📵 OFF No gadgets before bedtime
- 🎵 Calming music or story time

End strong, sleep well



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## Habit Tracker Fun!

- 📅 Weekly habit tracker (stickers or stars)
- 🎯 Reward points for consistency
- 👨👩👧 Parent-child habit check-in time
- 🎉 Celebrate weekly wins together

Tracking builds  
motivation!



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## Self-Control through Fun Activities

- 🕒 “Wait for it” game to build patience
- 🙊 Silent game to practice focus
- 📦 “Finish this before that” game
- ✨ Use fun challenges to reinforce discipline

🌟  
**Discipline is a  
super skill!**  
🧠💪

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## Avoiding Distraction Traps

-  Say no to TV before study
-  Park your mobile before bedtime
-  Clear your study space
-  Focus music instead of random noise

  
**Focus beats  
distraction every time**  
 

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## Parent Involvement = Success

- 👨‍👩‍👧 Be the role model – follow your routine too
- 📅 Plan family routines together
- 👏 Praise efforts, not just results
- 💬 Discuss what worked, what didn't

Discipline starts at home

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## Tips for Parents & Students

### Parents please:

- ✓ Create a shared family routine chart 
- ✓ Let your child choose one new habit to start 
- ✓ Use stickers, stamps, or stars to build excitement 
- ✓ Celebrate small wins with hugs and praise  

“Habits shape who we become. Start small, stay consistent, and make discipline your child’s everyday companion.”  

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## TIME SENSE & PLANNING FOR KIDS

-  Teach kids to use a timetable or planner
-  Help them estimate how long tasks take
-  Break big tasks into small steps
-  Set clear goals for each week
-  Use visual aids like charts/calendars
-  Avoid multitasking – focus on one thing at a time
-  Identify time-wasters (like unnecessary screen time)
-  Use alarms/reminders to build schedule awareness
-  Parents can co-plan the day with kids
-  Celebrate when plans are followed successfully

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 **Time-smart children grow into confident learners!**

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Personalized Guidance



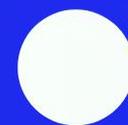
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