



THE FIRST 5

FOR KIDS + FAMILIES

*Supriety*TM

A HUMAN
AGENCY
MOVEMENT



YOU CAN HELP STEER WHAT COMES NEXT.

BEFORE YOU STEER A CAR, LEARN TO STEER YOUR ATTENTION.

FIRST 5 FIRST. SCREENS AFTER.



TAKE CARE
OF YOURSELF.



GROWN-UPS GO FIRST.
KIDS HELP US KEEP GOING.



HELP YOUR FAMILY FOLLOW THROUGH.
HELP THE PLANET GROW.

MY FIRST 5

1



DRINK
WATER

2



GO OUTSIDE
+ MOVE

3



SAY ONE
THANK-YOU

4



DO ONE SAFE
HARD THING

5



EAT SOMETHING
THAT HELPS
YOUR BODY



30-DAY WINDOW
MISSED DAYS STAY BLANK.



7 MORNINGS
= HELP PLANT A TREE

DO ALL 5 ON 7 DAYS.
THE DAYS DO NOT HAVE TO TOUCH.
NOTHING RESETS.

START DATE: _____

ONE CIRCLE = ONE DAY.

DID ALL 5 TODAY? MARK TODAY'S CIRCLE.

NOT TODAY? LEAVE IT BLANK. TRY AGAIN TOMORROW. NOTHING RESETS.

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30



7 MARKED DAYS ANYWHERE IN THE 30-DAY WINDOW = MILESTONE.

