



Tommy's Terrific Habits

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Tommy wakes up and stretches like a sleepy cat. The sun is shining, and it's time to start the day!



Instead of jumping out of bed, Tommy makes his bed neatly. He smooths the sheets and fluffs the pillows.



Tommy brushes his teeth with a big smile.
He makes sure to brush all the way to the back!



Next, Tommy washes his face and hands. He uses soap and water to get rid of any sleepiness.



It's breakfast time! Tommy eats a healthy meal with fruits and vegetables to give him energy.



Tommy puts on his shoes and gets ready to play outside. He remembers to say goodbye to his mom.



While playing, Tommy sees some trash on the ground. He picks it up and throws it in the bin.



Tommy shares his toys with his friends. He likes to play together and have fun.



Before bedtime, Tommy takes a warm bath. He washes away all the dirt and has a relaxing time.



Finally, Tommy reads a book with his mom. He snuggles close and drifts off to sleep, dreaming of good habits.