



## Shared Reading Sticker Chart

At3yearsold.com

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 1    |        |         |           |          |        |          |        |
| 2    |        |         |           |          |        |          |        |
| 3    |        |         |           |          |        |          |        |
| 4    |        |         |           |          |        |          |        |
| 5    |        |         |           |          |        |          |        |
| 6    |        |         |           |          |        |          |        |
| 7    |        |         |           |          |        |          |        |
| 8    |        |         |           |          |        |          |        |
| 9    |        |         |           |          |        |          |        |
| 10   |        |         |           |          |        |          |        |

Grab some fun little stickers and get your 3 year old to attach one every time you read a book together. On average it takes 66 days<sup>1</sup> to form a new habit. That's why this chart is 10 weeks long. Get to the end and you'll have a new habit that benefits your 3 year old for the rest of their life. Enjoy!

<sup>1</sup>Lally, P. , van Jaarsveld, C. H., Potts, H. W. and Wardle, J. (2010), How are habits formed: Modelling habit formation in the real world. Eur. J. Soc. Psychol., 40: 998-1009.