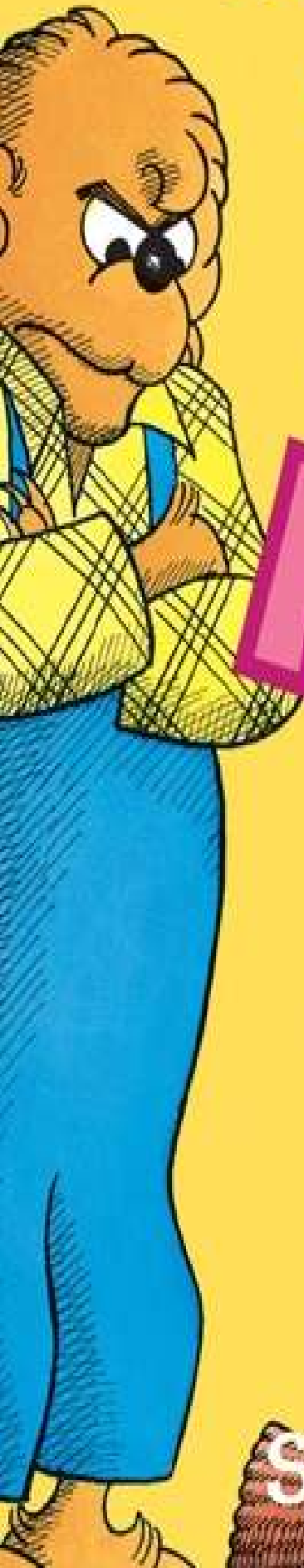


*The Berenstain Bears*  
and The

**BAD  
HABIT**

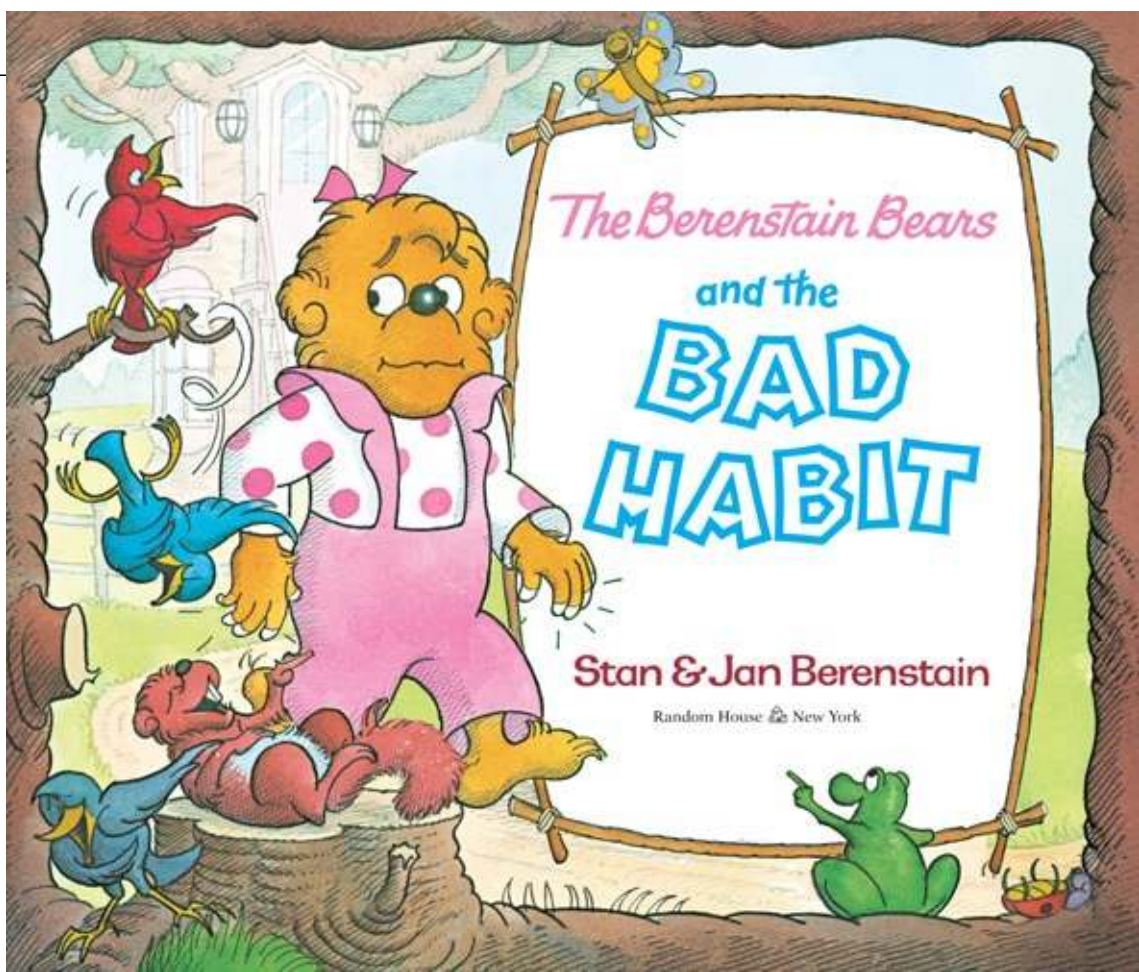


Stan & Jan Berenstain

*The Berenstain Bears*  
and the  
**BAD  
HABIT**



A FIRST TIME BOOK®



*The Berenstain Bears*

and the

# BAD HABIT

**Stan & Jan Berenstain**

Random House  New York

Copyright © 1987 by Berenstain Enterprises, Inc. All rights reserved.  
Published in the United States by Random House Children's Books,  
a division of Random House, Inc., New York.

---

Random House and the colophon are registered trademarks of Random House, Inc.  
First Time Books and the colophon are registered trademarks of Berenstain Enterprises, Inc.

[randomhouse.com/kids](http://randomhouse.com/kids)

[BerenstainBears.com](http://BerenstainBears.com)

*Library of Congress Cataloging-in-Publication Data*

Berenstain, Stan. The Berenstain bears and the bad habit. (A First time book)

Summary: With the help of her family, Sister Bear breaks her bad habit of biting her nails.

Trade Paperback ISBN: 978-0-394-87340-4

eBook ISBN: 978-0-385-37036-3

[1. Bears—Fiction. 2. Nail biting—Fiction.] I. Berenstain, Jan.

II. Title. III. Series: Berenstain, Stan. First time books.

v3.1\_r1



# Contents



[Title Page](#)

[Copyright](#)

[First Page](#)



Sister Bear, who lived with her mama, papa, and brother in the big tree house down a sunny dirt road deep in Bear Country, had been going to school for quite a while.

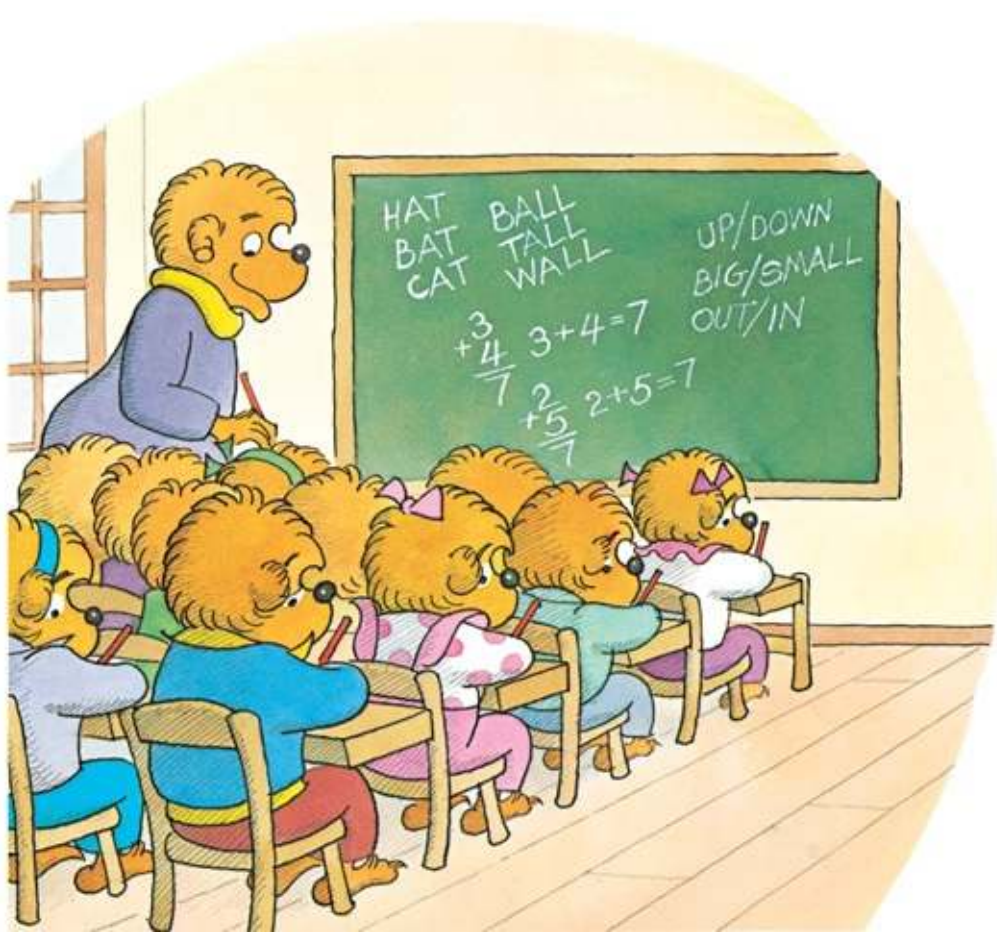


First there had been nursery school, which was pure fun—playing with dolls and blocks, rolling clay snakes, and scribbling with crayons.



Next had come kindergarten. That was fun too. There were marching games and rhythm band. She also learned a lot of numbers in kindergarten—and most of the alphabet.





Now Sister was in first grade. Regular school was different. It was still fun and she liked Teacher Jane very much, but it wasn't *all* fun. There was quite a lot of work—spelling, number problems, all kinds of things.

In regular school you have to concentrate—and sometimes when you concentrate, you form nervous little habits. That's what happened to some of the cubs in Teacher Jane's class.



Lizzy twirled her fur.  
Twirl, twirl, twirl.



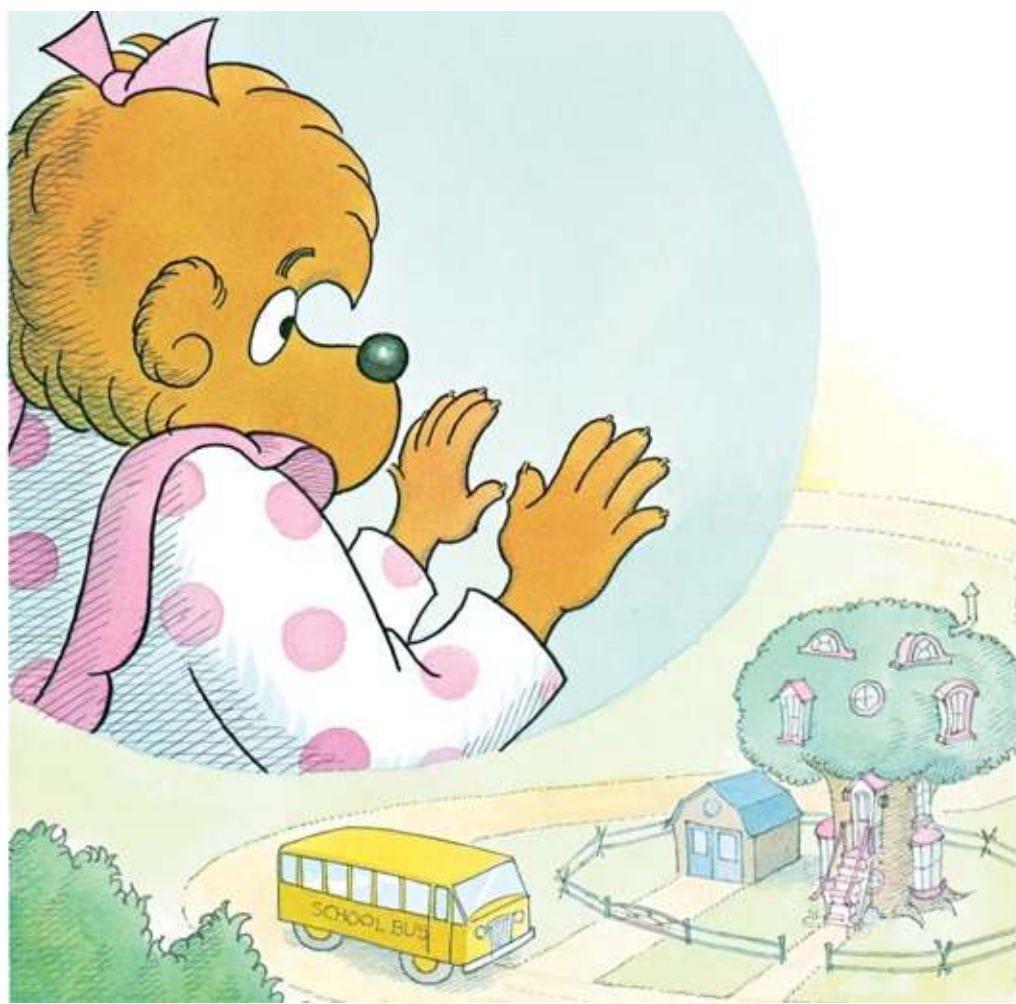
Freddy scratched his head.  
Scratch, scratch, scratch.



Norman sucked his thumb.  
Suck, suck, suck.



And Sister nibbled her nails  
Nibble, nibble, nibble, nibble.



Before she knew it, she had nibbled them down to nubbins. In fact, she nibbled them down so far that some of her fingers were getting sore.



“Oh, dear!” said Mama Bear to Sister when the cubs got home from school one day. “You’ve nibbled your nails down to nubbins. In fact, you’ve nibbled them clean off. How did it happen?”  
“I’m not exactly sure, Mama,” Sister said. “But some of them are getting sore.”



“Hmm,” said Mama. “Well, here’s what we’ll do. We’ll put a little medicine on the sore ones and bits of adhesive tape on all of them. That will remind you not to nibble and will give them a chance to grow back.”

The bits of tape helped Sister remember not to nibble, but they also got in the way when she tried to do certain things.

---



It's very hard to hold  
a pencil with tape  
all over your fingertips,

or tune the TV,



or scratch when you  
have an itch.

And when Sister tried to play  
jacks, she couldn't get any  
higher than twosies.





But worst of all, the bits of tape told the whole world that Sister Bear was a nail biter.



The next morning, when Sister lined up for school, Lizzy Bruin and some others began pointing and teasing. “Sister nibbles her nails! Sister nibbles her nails!”



It didn't take Sister long to decide to pull off those bits of tape!



And without the tape, she forgot to remember not to nibble.  
She forgot during school.



She forgot on the bus.  
She even forgot as she and Brother climbed off the bus.



“You’re going to have to cut that out, Sis,” said Brother, “or you’ll get to be a regular full-time nibbler.”



“I’m afraid your brother’s right,” said Mama, who was organizing the wheelbarrow for some garden work. “I don’t mean to nag, but nail biting is a very difficult habit to break.”

“Habit?” asked Sister, making fists so that her nubby, nibbled-off nails wouldn’t show. “What’s a habit?”



“That’s a good question,” said Mama. “Come along while I plant these tulip bulbs Grizzly Gran sent over and we’ll talk about it.”

“A habit,” Mama said as she pushed the wheelbarrow along the well-worn path, “is something you do so often you don’t even have to think about it.”



---

sample content of The Berenstain Bears and the Bad Habit

- [download online Flora Segunda: Being the Magickal Mishaps of a Girl of Spirit, Her Glass-Gazing Sidekick, Two Ominous Butlers \(One Blue\), a House with Eleven Thousand Rooms, and a Red Dog \(Magic Carpet Books\)](#)
- [read \*\*A Train of Powder pdf, azw \(kindle\), epub, doc, mobi\*\*](#)
- [click Clinico-Pathological Atlas of Cardiovascular Diseases online](#)
- [read The 8th Confession \(Women's Murder Club, Book 8\) for free](#)
- [Clever Girl book](#)
  
- <http://nexson.arzamaszev.com/library/The-Pursuit-of-Italy--A-History-Of-A-Land--Its-Regions--And-Their-Peoples.pdf>
- <http://cavalldecartro.highlandagency.es/library/The-Girl-With-No-Hands-and-Other-Tales.pdf>
- <http://fortune-touko.com/library/The-Grass-Widow-s-Tale--Felse--Book-7-.pdf>
- <http://xn--d1aboelcb1f.xn--p1ai/lib/The-8th-Confession--Women-s-Murder-Club--Book-8-.pdf>
- <http://www.netc-bd.com/ebooks/Clever-Girl.pdf>