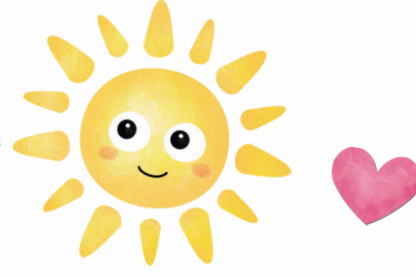




Morning Routine



















<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							
<input type="checkbox"/> Brush teeth	<input type="checkbox"/> Wash hands & face	<input type="checkbox"/> Brush hair	<input type="checkbox"/> Get dressed	<input type="checkbox"/> Eat breakfast + clean up	<input type="checkbox"/> Is my backpack ready?	<input type="checkbox"/> Fill water Bottle	<input type="checkbox"/> Family game night



Morning Routine





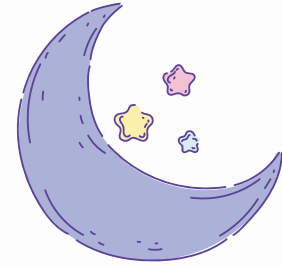
Evening Routine



















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<input type="radio"/> <p>Take a bath</p>	<input type="radio"/> 
<input type="radio"/> <p>Put on pajamas</p>	<input type="radio"/> 
<input type="radio"/> <p>Brush teeth</p>	<input type="radio"/> 
<input type="radio"/> <p>Make the bed</p>	<input type="radio"/> 
<input type="radio"/> <p>Drink a cup of tea</p>	<input type="radio"/> 
<input type="radio"/> <p>Hugs and kisses</p>	<input type="radio"/> 
<input type="radio"/> <p>Bedtime story</p>	<input type="radio"/> 



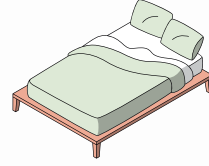
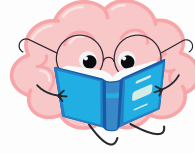
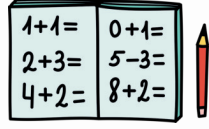
Evening Routine





Chore Chart



Do homework

Put my
things away

Tidy up room

Fold clothes

Wash plates

Read for 30
mins

















Make my bed

Special outing



Chore Chart



great
job

great
job

great
job

great
job

great
job

great
job

great
job



great
job

great
job

great
job


great
job

great
job

great
job

great
job



Done	Done	Done	Done	Done	Done	Done	 Reward
------	------	------	------	------	------	------	---



SAT

Extra Time with Pets



SUN

MON

TUE

WED

THU

FRI

SAT

My Reward Chart

You did it!

my
reward

keep going!

you're halfway there

Start



Healthy Rewards for Kids



- 1. OUTDOOR ACTIVITY TIME:** OFFER EXTRA TIME FOR OUTDOOR PLAY OR A FAMILY HIKE AS A REWARD FOR COMPLETING TASKS OR DEMONSTRATING GOOD BEHAVIOR.
- 2. ART SUPPLIES:** PROVIDE NEW ART SUPPLIES SUCH AS CRAYONS, MARKERS, OR PAINTS TO ENCOURAGE CREATIVITY AND IMAGINATIVE PLAY.
- 3. BOOKS OR EDUCATIONAL TOYS:** REWARD WITH A NEW BOOK OR EDUCATIONAL TOY THAT FOSTERS LEARNING AND CURIOSITY.
- 4. COOKING TOGETHER:** ALLOW YOUR CHILD TO CHOOSE A HEALTHY RECIPE TO COOK TOGETHER AS A REWARD, PROMOTING CULINARY SKILLS AND HEALTHY EATING HABITS.
- 5. FAMILY GAME NIGHT:** DEDICATE A NIGHT FOR BOARD GAMES OR PUZZLES THAT INVOLVE THE WHOLE FAMILY, PROMOTING BONDING AND COOPERATION.
- 6. EXTRA SCREEN TIME:** OFFER EXTRA SCREEN TIME FOR EDUCATIONAL OR CREATIVE ACTIVITIES, SUCH AS WATCHING DOCUMENTARIES, LEARNING APPS, OR DRAWING ON A TABLET.
- 7. TRIP TO THE PARK OR PLAYGROUND:** PLAN A TRIP TO THE PARK OR PLAYGROUND AS A REWARD FOR COMPLETING CHORES OR HOMEWORK.
- 8. SPECIAL OUTING:** TAKE YOUR CHILD TO A MUSEUM, ZOO, OR NATURE RESERVE AS A SPECIAL OUTING FOR GOOD BEHAVIOR OR ACHIEVEMENTS.
- 9. SPORTS EQUIPMENT:** REWARD WITH SPORTS EQUIPMENT SUCH AS A NEW BALL, SKIPPING ROPE, OR BIKE TO ENCOURAGE PHYSICAL ACTIVITY AND SPORTSMANSHIP.
- 10. MUSIC OR DANCE SESSION:** ARRANGE A SPECIAL MUSIC OR DANCE SESSION WHERE THEY CAN EXPLORE DIFFERENT RHYTHMS AND MOVEMENTS.
- 11. EXTRA TIME WITH PETS:** ALLOW YOUR CHILD TO SPEND EXTRA TIME PLAYING WITH OR CARING FOR PETS AS A REWARD FOR RESPONSIBILITY AND KINDNESS.
- 12. STICKERS OR TOKENS FOR A REWARD CHART:** USE A REWARD CHART WHERE THEY EARN STICKERS OR TOKENS FOR COMPLETING TASKS OR DEMONSTRATING POSITIVE BEHAVIOR, WHICH CAN BE EXCHANGED FOR A BIGGER REWARD LATER.