

I CAN DO IT!

GOOD CHOICES • STRONG HABITS • PROUD OF ME!

MORNING

Let's start the day!



Make my bed

☐


Use the bathroom

☐


Brush my teeth

☐


Get dressed

☐


Put pajamas
in the hamper

☐


Eat breakfast

☐


Bring dishes
to the sink

☐


Put on shoes
& backpack

☐


I'm ready!
Let's go!

☐

EVENING

Let's finish strong!



Empty my backpack

☐


Give school papers

☐


Put lunch & bottle
in the kitchen

☐


Put toys away

☐


Put dirty clothes
in the hamper

☐


Help with dinner

☐


Read for 15 minutes

☐


Practice letters,
numbers or words

☐


Pick out tomorrow's
clothes

☐


Brush my teeth

☐


Put on pajamas

☐


Good night!
Sweet dreams!

☐

KINDERGARTEN HABITS



Read
every day

123

Learn &
practice



Pack my
backpack



Be kind



Listen &
follow



Try my
best!

WEEKEND HELPER

I help at home!



Help with
laundry

☐


Wipe down
table

☐


Help put away
groceries

☐


Organize
books

☐


Sweep or pick up
small messes

☐


Water
plants

☐


Take out
the trash

☐


Pick up toys
inside or outside

☐

MY
REWARDS!



Choose a
family game



Pick dessert
or breakfast



Extra play time
or park trip



Special activity
of my choice



WEEK OF
AWESOME!