

Choose one small goal, notice effort, and celebrate progress together.

Child

Week of

Goal or helpful habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Put toys away	☐	☐	☐	☐	☐	☐	☐
Use calm words	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐

Celebrate effort

When the goal is met, choose a connection based reward such as a story together, extra outdoor play, or choosing the family game.

Our plan

Our goal is:

We will celebrate with:

A chart is a reminder, not a measure of your child's worth. Reset gently and try again tomorrow.