

Family Game Night

Our Favorite Games	Meal Ideas
Games We Want to Try	Snack Ideas

My Reading Log

Name: _____

Date	Book	Pages	Initials
<input type="checkbox"/> What I Liked Best or <input type="checkbox"/> What I Learned:			
<input type="checkbox"/> What I Liked Best or <input type="checkbox"/> What I Learned:			
<input type="checkbox"/> What I Liked Best or <input type="checkbox"/> What I Learned:			
<input type="checkbox"/> What I Liked Best or <input type="checkbox"/> What I Learned:			
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<input type="checkbox"/> What I Liked Best or <input type="checkbox"/> What I Learned:			

Special Time Suggested Activities & Schedule

Arts and Crafts	<ul style="list-style-type: none"> ○ Make holiday decorations ○ Glue sticks together ○ Build and pint models ○ Build and paint birdhouses 	<ul style="list-style-type: none"> ○ Paper bag/paper plate masks ○ Nature mobiles ○ Photo collages ○ String beads
Bake and Cook	<ul style="list-style-type: none"> ○ Bake goods from a mix ○ Make parts of dinner ○ Make pancakes ○ Make cookie-cutter cookies 	
Sports Activities	<ul style="list-style-type: none"> ○ Play catch ○ Go for a hike ○ Bike riding ○ Play HORSE (basketball) 	<ul style="list-style-type: none"> ○ Flag football ○ Skate boarding/roller blading Scooter ride
Out for Food	<ul style="list-style-type: none"> ○ Breakfast diner-type place ○ Fast food with playland ○ Ice cream, frozen yogurt 	
Story Time	<ul style="list-style-type: none"> ○ Read to your child ○ Play instruments 	
Play Games	<ul style="list-style-type: none"> ○ SORRY! ○ Twister ○ Clue ○ Boggle 	<ul style="list-style-type: none"> ○ Card games (go fish, war) Hide and seek ○ Tag
Build Things	<ul style="list-style-type: none"> ○ Legos ○ K'nex ○ Lincoln Logs 	
Imaginative Play	<ul style="list-style-type: none"> ○ Puppets ○ Charades 	
Out and About	<ul style="list-style-type: none"> ○ Garden ○ Picnic ○ Park ○ Age-appropriate museum 	<ul style="list-style-type: none"> ○ Zoo ○ Pet store, reptile/fish store

Other Ideas: _____

Schedule some time and make a commitment.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
Activity							

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
Activity							

Date _____ Child's Name _____

Family Problem Solving Contract

The Problem: _____

How often it happens: _____ Where it happens: _____

When it happens: _____ What happens: _____

Solution:

Instead I will: _____

Instead parent(s) will: _____

When I use the solution, I will _____

When I have used the solution for _____ I Will receive _____

Agreed to by:

Things I Can Do When I Am Bored

Things I can do outside:

Toys I can play with:

Books I would like to read:

Art and other creative projects:

My favorite videos or music:

Other ideas:

HOME

Helper Attitude. *Always look for ways to help. When Asked to help out, be cheerful. Get your responsibilities done on time.*

Own Your Own Stuff. Admit your mistakes. Use “I Messages,” not “You Messages.”

Mind Your Own Business. Respect everyone. Give people quiet time when they need it. Don’t be a tattletale.

Enjoy Your Family. Have fun. Give compliments.

I Can Family Pledge

I pledge to myself and my family that I will:

Have an “I Can” attitude

Be helpful to others

Say positive things to others

Do my best at everything I try

Stop and think before I do things

Honestly share my thoughts and feelings

Stay positive when things don’t go my way

Say this pledge to myself every day!

I Can Affirmations

<i>I CAN ask questions when I need help.</i>	<i>I CAN be positive at all times.</i>
<i>I CAN be helpful to others.</i>	<i>I CAN say NO to things that are wrong.</i>
<i>I CAN be a good listener.</i>	<i>I CAN be a good follower.</i>
<i>I CAN set a good example for others.</i>	<i>I CAN try my best always.</i>
<i>I CAN forgive others.</i>	<i>I CAN say kind things to others.</i>
<i>I CAN learn something new each day.</i>	<i>I CAN have fun & feel good about life.</i>

Reward Ideas for Kids and Teens

Rewards can be used as positive reinforcement for modifying negative behaviors. Rewards that are selected by the child are usually the most powerful. Also, a variety of reward possibilities helps to keep a child motivated over a long period of time. Rewards can be privileges, things or activities with parents. Be sure rewards don't become a substitute for words of praise and encouragement; rewards are most meaningful when given along with positive words and touch from parents. Check out these suggestions your child will love!

Home Reward Possibilities for Preschoolers

- Going to the park
- Listening to a bedtime story
- Playing with friends
- Playing on a swing set
- Spending the night with friends or grandparents
- Playing games
- Going out for ice cream
- Finger painting
- Computer time
- Staying up an hour later

Home Reward Possibilities for Teenagers

- Having dating privileges
- Having friends over
- Taking dancing or music lessons
- Making a trip alone
- Taking the car to school for a day
- Having car privileges
- Getting to stay out late
- Getting to sleep in late on the weekend
- Going to a concert with friends
- Having their own cell phone

Home Reward Possibilities for Elementary School Children

- Taking time off from chores
- Going to a ball game
- Camping in the backyard
- Ordering pizza
- Choosing a special breakfast
- Eating out
- Planning a day's activities
- Sleeping in a different place in the house
- Taking a trip to the park
- Selecting something special for dinner

Words of Encouragement and Praise

Children thrive on positive attention. Children need to feel loved and appreciated. Most parents find that it is easier to provide negative feedback rather than positive feedback. By selecting and using some of the phrases below on a daily basis with your child, you will find that he will start paying more attention to you and will try harder to please.

Yes Good Fine Very good Very fine Excellent Marvelous At-a-boy Right

That's right Correct Wonderful I like the way you do that Much better O.K.

I'm pleased with (proud of) you That's good Wow Oh boy Very nice

Good work Great going Good for you That's the way

You're doing better That's perfect Good idea What a clever idea That's it

Good job Great job controlling yourself I like the way you _____

I noticed that you _____ Keep it up I had fun _____ with you

You are improving at _____ more and more

You showed a lot of responsibility when you _____

Way to go I appreciate the way you _____ You are great at that You're the best

Good remembering That's beautiful I like your _____

I like the way you _____ without having to be asked (reminded)

I'm sure glad you are my son/daughter Now you've got it I love you

You can SHOW them how you feel as well as tell them:

Smile Nod Part on shoulder, head, knee Wink

Signal or gesture to signify approval: High five Touch cheek Tickle Laugh (with, not at)

Pat on the back Hug

Exercise Activity Ideas

Things I Can Do to Keep Busy and Fit

Go for a walk

Go running

Ride my skateboard

Ski

Fly a kite

Ride my bike

Run through the sprinklers

Jump rope

Throw a Frisbee

Go for a hike

Go Rollerblading

Walk the dog

Ride my scooter

Play at the park

Go swimming

Go ice skating

Dance

Yoga

Practice karate moves

Do some jumping jacks

Do some push-ups

Do some sit-ups

Work in the garden

Rake leaves

Shovel snow

Sweep the sidewalk

Mow the lawn

Vacuum

Play golf or miniature golf

Go bowling

Work out at the gym or Y

Gymnastics

Play hopscotch

Play Wii Fit Games

Do Wii Fit Exercise Routines

Shoot Hoops

Personal Monthly Exercise Log

Name: _____ Month: _____

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time For The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				

Day	Date	Activity	Time Spent	Checked
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Exercise Time for The Week:				
Total Exercise Time for The Month:				

Family Meal Planner

Meal Plans	Shopping List
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Bedtime Routine Chart

Name: _____

	Mon	Tue	Wed	Thr	Fri	Sat	Sun
Unwind Time:							
Unwind Activities:							
1.							
2.							
3.							
Ready for Bed Time:							
Ready for Bed Activities:							
1.							
2.							
3.							
In Bed Time:							

Our Family Week at a Glance Week of: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Kids Activities					To Do List
Dinner Plans					
Special Time					
Notes					

Weekday Routines for _____

Morning

Activity	Time It Should Be Completed

After School

Activity	Time It Should Be Completed

Bedtime

Activity	Time It Should Be Completed

Personal Responsibility Chart for _____ Week of _____

Chore/Responsibility	Points	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Earned								
Carry Over from Day Before								
Rewards	Points							
Total Spent								
Points Left								
Carry Over to Next Day								

Long Term Homework Planner For _____

Class/Project: Due Date:		Completed By
Step 1		
Step 2		
Step 3		
Step 4		
Step 5		
Class/Project: Due Date:		
Step 1		
Step 2		
Step 3		
Step 4		
Step 5		
Class/Project: Due Date:		
Step 1		
Step 2		
Step 3		
Step 4		
Step 5		