

My week of stars

Colour in a star each time you keep a promise. Count them up together at the end of the week.

Name:

Week:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I brushed my teeth							
I put my toys away							
I ate my vegetables							
I helped at home							
I slept in my own bed							
							



My reward this week is:

My responsibilities

Name:

Month:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Morning

Make the bed

Brush teeth

Afternoon

Put the toys away

Do homework

Evening

Take a bath

**Lay out tomorrow's
clothes**

Tick a box for every task done. Agree with your child how many ticks earn the weekly reward.

My daily routine

Draw or stick a picture in each frame, write what happens and at what time. Then just follow the trail.

1

Time:

2

Time:

3

Time:

4

Time:

5

Time:

6

Time:

7

Time:

8

Time:

My potty trail

Stick a sticker or colour a drop every time it works out. The coloured spaces are for celebrating.

1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



Name

When I reach space 24, we celebrate with:

My reading trail

Name:

Month:

Books I have read

Reading minutes

Each bubble is 5 minutes.



Mon



Tue



Wed



Thu



Fri



Sat



Sun



The book I liked best was:

How I felt today

Circle the face that matches your day and tell us in one line what happened.

	Happy	Calm	Sad	Angry	Tired	What happened
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

One thing that helps me when I feel sad or angry:

My screen time

Each square is 15 minutes. Colour them in as you go — when they run out, the screen rests.

Name:

Week:

Mon

Extra?

Tue

Extra?

Wed

Extra?

Thu

Extra?

Fri

Extra?

Sat

Extra?

Sun

Extra?

Instead of a screen, I choose:

Our agreement

Write it together, read it out loud and hang it on the fridge. It works both ways.

I promise to:

1

2

3

4

The grown-ups promise to:



If we keep this up for a whole week, we will celebrate like this:

Child's signature

Grown-up's signature

Date