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| Things I can do to be kind and helpful at home |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Get on with playing or an activity by myself for a while. |  |  |  |  |  |
| Tidy up as soon as I am asked. |  |  |  |  |  |
| Share with my brothers/sisters or mummy/daddy. |  |  |  |  |  |
| Help brush my teeth. |  |  |  |  |  |
| Get dressed by myself. |  |  |  |  |  |