

CLEAN ROOM

Make a family calendar with appropriate house chores according to their age and abilities. This includes monthly quality time incentives that provide the opportunity to share experiences with our loved ones at least once a month in order to reinforce our relationships and communication skills, as is recommended.

FAMILY CHORES CALENDAR

- 1 Print the calendar on the following page. Fill in everyone's name in the family with appropriate house chores (see example below) according to their age and abilities.
- 2 Every time a task has been completed, that person will gain one smiley face. After 7 smiley faces; one for each day of the week, that person will gain one point. After 4 points, one for each week per month, he or she will get to pick one fun activity to do as a family.
- 3 Give a budget limit to the activity that can be done. For example, \$10 and the child has to plan a fun activity with this budget amount. Make sure the amount is not exuberant as you don't want to create dependency on a reward system - just create a positive habit and a fun opportunity for children to become engaged. This could be interpreted as a reward or incentive for children. However, it serves as the opportunity to find that special time to share with our love ones at least once a month in order to reinforce our relationships and communication skills, as is recommended.

WEEKLY CHORES CALENDAR

| JOHNNY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Pick up and put away toys. | ☺ | ☺ | | | | | |

