



Parent Reward Chart

☐

Hugged my kid for no reason

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Helped my kid clean their room

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Took a calming breath before responding

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Played a board game with my kid and had fun

☐

Apologized when I got upset

☐

Showed grace to my kid when they got upset

☐

Did something silly just to make my kid laugh

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Did something just for me because when I am not calm neither is my kid

Want to make some changes?

It's easy to edit this list at
TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

