_____'s CHORE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT
make bed					AWESOME		BAM!
tidy room	I DID IT!			AWESOME			
help with dishes					I DID IT!		BAM!
clean washroom		GOT IT!			ROCKSTAR		
set table	ROCKSTAR		GOT IT!				
take out garbage		SWEET				SWEET	

Copyright - www.mindfulmazing.com

_____'s CHORE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT
make bed							
tidy room							
help with dishes							
clean washroom							
set table							
take out garbage							

Copyright 2019 www.mindfulmazing.com

_____'s CHORE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT

Copyright 2019 www.mindfulmazing.com

Cut out and tape and glue to your blank chore chart OR cut out and put in your chores to do jar.

CASH CARDS OR GLUE ON CHART

do homework

sweep

wipe counters

make bed

vacumn

yard work

tidy room

brush teeth

put away clothes

help with dishes

dust

help with dinner prep

clean washroom

water plants

mow grass

set table

feed pets

pack lunch

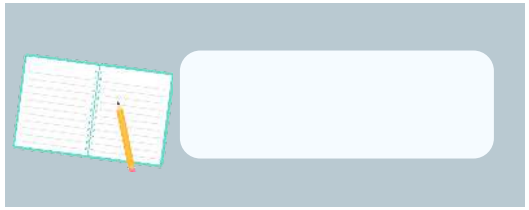
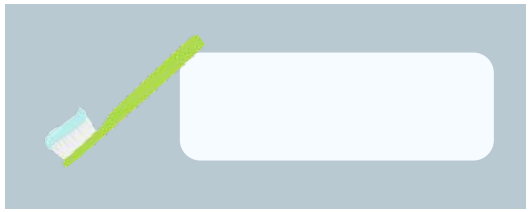
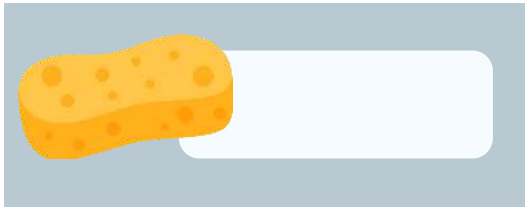
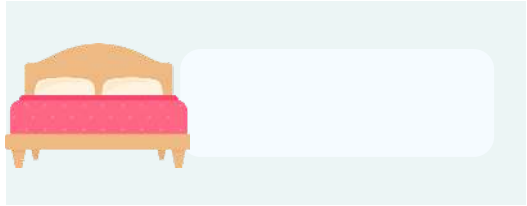
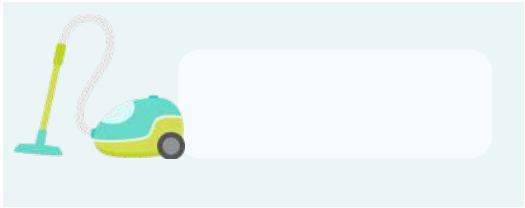
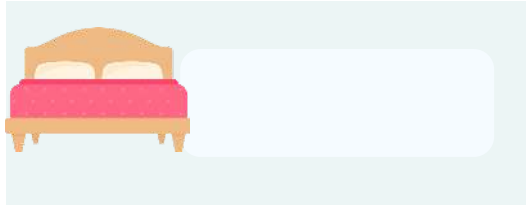
take out garbage

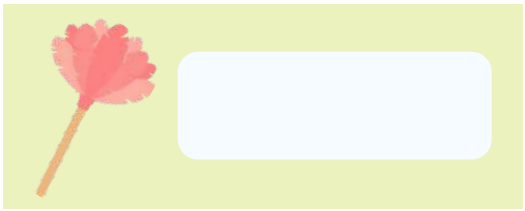
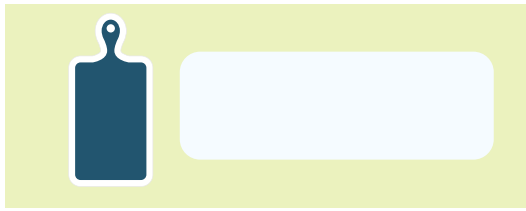
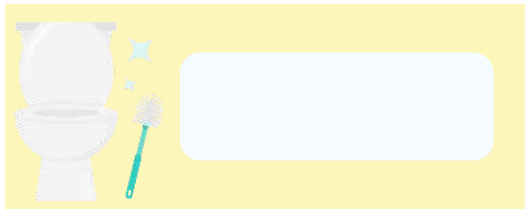
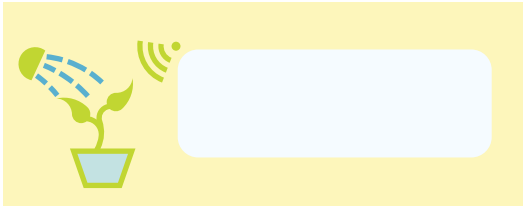
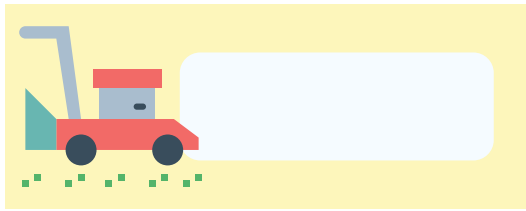
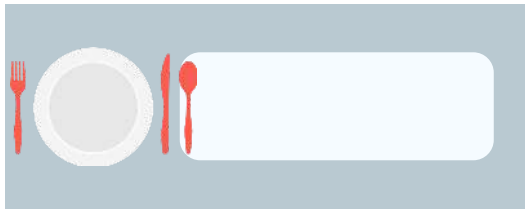
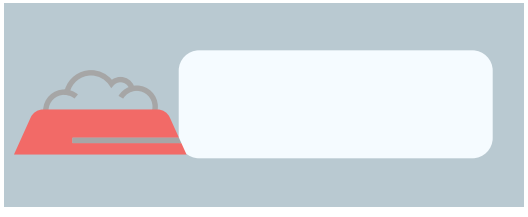
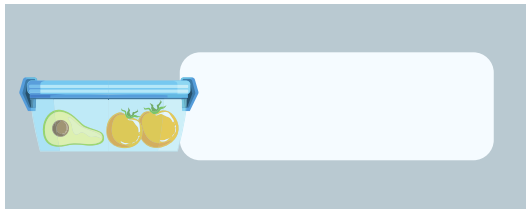
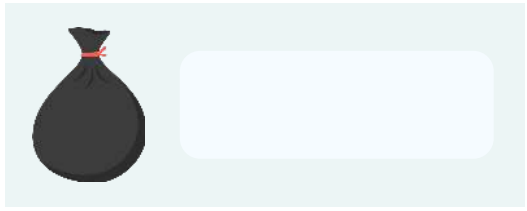
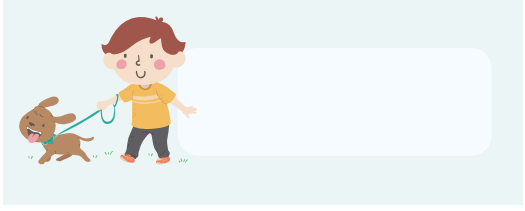
walk dog

bring in mail

Copyright 2019 www.mindfulmazing.com

MAKE YOUR OWN CHORES

Copyright 2019 www.mindfulmazing.com

AWESOME AWESOME AWESOME AWESOME AWESOME AWESOME AWESOME

ROCKSTAR ROCKSTAR ROCKSTAR ROCKSTAR ROCKSTAR ROCKSTAR ROCKSTAR

I DID IT! I DID IT! I DID IT! I DID IT! I DID IT! I DID IT! I DID IT!

GOT IT! GOT IT! GOT IT! GOT IT! GOT IT! GOT IT! GOT IT!

BAM! BAM! BAM! BAM! BAM! BAM! BAM!

SWEET SWEET SWEET SWEET SWEET SWEET SWEET

Jar Labels

SPENDING

CHORES TO DO

SAVING

CHORES I'VE DONE

GIVING

PLACE YOUR CASH CARDS IN JARS

SPLIT YOUR WEEKLY ALLOWANCE

Copyright 2019 www.mindfulmazing.com

_____'s CHORE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT
make bed							
tidy room							
help with dishes							
clean washroom							
set table							
take out garbage							

Copyright 2019 www.mindfulmazing.com

_____'s CHORE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT

Copyright 2019 www.mindfulmazing.com

Age Appropriate Chores for Kids

AGES 2-3

Put cup in sink
Dust
Pick up toys
Put clothes in hamper

AGES 4-6

Any previous chores
Make bed
Set the table
Water the plants
Help fold clothes
Help put clothes in laundry
Wipe table
Help feed pets

AGES 7-11

All prior chores
Vacumn and sweep
Help with yardwork
Meal Prep
Fold majority of laundry
Help make lunches
Take out garbage
Wipe washroom vanities
Get mail

AGES 12+

Wash dishes
Empty dishwasher
Mop floors
Mow yard
Pack lunches
Clean washroom
Supervise siblings
Help clean out fridge
Wash windows

MIGHTY MINDFUL KIDS

40 FUN MINDFULNESS EXERCISES

Focus, Calm, Awareness, Sleep, Relationships

START HERE

Now that you've dipped your toes into mindfulness for kids, why not take your practice to the next level with 40 **fun, easy, step-by-step** mindfulness activities for kids?

- 8 exercises for focus (think improved grades and sports abilities)
- 8 exercises for calm (think less tantrums and less stress and anxiety)
- 8 exercises for awareness (think living in the moment and less screen time)
- 8 exercises for relationships (think deeper friendships and more meaning)
- 8 exercises for kindness and gratitude (think awesome character building and kids who aren't entited)

YAY! I'M SO EXCITED

Click here or visit: https://mindfulmazingshop.com/