

WHY IT'S GOOD TO GET ROUTINES SORTED.

Having a predictable routine can help both younger and older children feel secure and happy. Routine charts are also a great way to help our kids take responsibility for parts of their day, and feel good about it! For parents, it means we can quit nagging and focus on the good stuff – like their efforts and strengths.

Win, win, win!

For tips, tricks and a guide to Canterbury's free parenting courses, visit:

allright.org.nz/parenting

GOOD ADVICE CAN BE A REAL GAME CHANGER.

ALL RIGHT?

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WEEKLY GOALS AND ROUTINES FOR TWEENS.



Look inside to find a free chart for kids aged 10+.

WHAT I'M UP TO THIS WEEK.

Add your name and a few of the things you do each day, then use a pencil to tick them off.

To make the most of this chart, check out our handy tips online. You'll also find a free version you can reprint at:

allright.org.nz/parenting

Name:

My goals and rewards

How many ticks I'd like to get each day:

How many ticks I'd like to get this week:

Daily reward:

Weekly reward:

Action

Daily stuff:

My chores:

Hobbies & downtime:

My daily scores

Days of the week (and ticks!)

 