

# Family Fun

Do 10 jumping jacks

Give Mom a high five

You've been working hard! Keep it up!

You get a small treat

Run around the table  
10 times

Take a  
10-minute break

10-second group hug

# CHORES

TIDY THE BEDROOMS

DO THE DISHES

TIDY & SWEEP  
THE MAIN LIVING AREAS

CLEAN THE BATHROOM

CLEAN THE FRIDGE

WASH THE FLOORS

CLEAN THE  
WINDOWS & MIRRORS

# Family Fun

Drink a cup of water

Touch your toes & reach for the sky 10 times.

You get a treat

Say 1 encouraging thing to each person

Take a 15-minute break

Watch Mom do 10 push-ups

Read a storybook

# CHORES

EMPTY ALL THE GARBAGE CANS

DUST/WIPE DOWN ALL THE FURNITURE

VACUUM

FOLD CLEAN LAUNDRY & PUT AWAY

WIPE WALL SMUDGES & STICKY SPOTS

REORGANIZE TOYS & CRAFT SUPPLIES

MOVE COUCHES & SWEEP UNDERNEATH