**Our April Accomplishments Activity**

With the April Accomplishments chart, we encourage parents and children to recognize one good or new thing they did each day.

The parent and child each get their own side to fill in:

|  |  |
| --- | --- |
| Mom | Sarah |
| April 1  I responded calmly at a frustrating situation at work  April 2  I exercised for 30 minutes today with Maria  April 3  I used coupons and saved $13 grocery shopping | **April 1**  Ate all my carrots at lunch today  **April 2**  Brushed teeth without being told  **April 3**  I washed the dishes with Dad |

The chart is provided on the following pages. Families are encouraged to put this chart together and make copies so that every family member can have his or her own column. Have this chart in an accessible area so that older children can write on the chart and younger children can receive help writing down their accomplishments.

This chart will give parents and children the opportunity to go through their days and highlight the things that they did well and that they are proud of.

**Our April Accomplishments**

|  |  |
| --- | --- |
| Name: | **Name:** |
| April 1  April 2  April 3  April 4  April 5  April 6  April 7  April 8  April 9  April 10  April 11  April 12  April 13  April 14  April 15  April 16  April 17  April 18  April 19  April 20  April 21  April 22  April 23  April 24  April 25  April 26  April 27  April 28  April 29  April 30 | **April 1**  **April 2**  **April 3**  **April 4**  **April 5**  **April 6**  **April 7**  **April 8**  **April 9**  **April 10**  **April 11**  **April 12**  **April 13**  **April 14**  **April 15**  **April 16**  **April 17**  **April 18**  **April 19**  **April 20**  **April 21**  **April 22**  **April 23**  **April 24**  **April 25**  **April 26**  **April 27**  **April 28**  **April 29**  **April 30** |