# My day

Check a box each time I do it

KUDOZ

## Morning

- [ ] Get dressed when asked
- [ ] Breakfast at the table
- [ ] Ready on time

## At school

- [ ] Listen to my teacher
- [ ] Kind words with friends
- [ ] Finish my work

## After school

- [ ] Homework before screens
- [ ] Turn off the screen when the timer rings

## Evening

- [ ] Help at dinner
- [ ] Pajamas and teeth
- [ ] Stay in bed after lights out