



Good Choices Chart

Week of: _____

How It Works:

Each time you make a good choice, you earn a ★ star!

Fill in the chart every day, and count your stars at the end of the week.

At 5 stars, you get a small reward (like a sticker, a fun activity, or extra playtime)!

Day	Good Choices I Made Today	Stars Earned ★
Monday	Example: I asked before taking something.	
Tuesday	Example: I used my "Stop and Think" strategy before acting.	
Wednesday	Example: I shared with my sister without being asked.	
Thursday	Example: I calmed down by using my breathing exercise.	
Friday	Example: I finished my homework or chores without help.	
Saturday	Example: I talked to Mom and Dad about my feelings.	
Sunday	Example: I apologized after making a mistake.	



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Total Stars This Week: _____

🎉 Great job! You did amazing! 🎉

Parent Instructions:

Review the chart with Temiloluwa every evening.

Help her fill in one or more examples of good choices she made that day.

Celebrate her progress with praise and rewards for consistent effort!

🌟 **Keep making great choices!**

You're a star! 🌟