

Weller Mom

Good
Word
Jar

Increasing the
kindess factor

Good Word Jar

Introduction

There's so much negativity in the world. There's no doubt about that. So let's try to teach our kids to be different. You know, we live in the world, but we're not of the world - sound familiar?

Get them excited to do good deeds, and be more helpful little people. Not only that, they'll be positively reinforced for their good behaviour with a "good word".

Let's increase the *kindness* factor

Good Word Jar

Instructions

Cut out the "good words" and place them in a small basket or box. When your children do a good deed, take one "good word" and write their name on back of it and place it in the Good Word Jar. At the end of the week, tally how many "good words" they've received.

Examples of Good Deeds:

- Cleaning up their room
- Clearing their dishes from the table
- Making their bed
- Picking up something from the floor without being asked
- Being polite
- Offering to say the meal-time prayer

Good Word Jar

Rewards

You can decide how to reward them with their achievement of Good Words, but here are some suggestions:

- 5 Good Words – Extra piece of dessert
- 10 Good Words – Favourite show (30 minutes)
- 15 Good Words – Tablet/Video game time
- 20 Good Words – Do something special with mom or dad, like a lunch or dinner date

Good Words

AMAZING

MARVELOUS

TERRIFIC

AWESOME

FANTASTIC

WONDERFUL

SUPER

GREAT

EXCELLENT

FABULOUS

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Good Word Jar Labels

