

January



Write thank you notes for 2 gifts that you received.	Fold or hang up new clothes. Put away into drawers or your closet.	Warm up some soup for lunch using the microwave oven.	Locate areas to store new gift items.	Help take down and pack up holiday decorations.
Do something for fun outdoors: sledding, ice skating, etc.	List some ways to handle stress: deep breathing, counting to 10, drinking water, etc.	Match and fold socks that have been laundered.	Plan a meal for later in the week. Make a shopping list for it.	Learn something about Dr. Martin Luther King, Jr.
Load the dishwasher after dinner.	Call a friend. Make a plan to do something together.	Discuss appropriate ways to disagree or argue with someone.	Use and dispose of a tissue properly to prevent spreading germs.	Go grocery shopping. Locate and purchase items on your list.
Use an alarm clock to get up for school or work.	Shovel the snow from your front porch and walk.	Rent and watch a movie with a friend or family member.	Recognize and list how people at school or work are different from one another.	Be responsible for your hat, gloves, and scarf at school and work.
Exhibit good table manners. Use please, thank you, excuse me.	Make a list of medications you take and why they are necessary.	Recognize and list how people at school or work are alike.	Use a hand held vacuum to clean up a mess.	Make a February calendar. Be sure to label any important dates.

Pick 15 activities to complete.

Cross off the square when an activity has been finished.

Please sign and date to confirm the activities have been accomplished.

Signature: _____ Date: _____