



Hello Mullica families!

Each week you will receive some suggested activities to do together as a family that focuses on a specific topic within the monthly PBIS theme. November's theme is RESPONSIBILITY. This week's theme is: **goals and rewards.**

Taking on responsibilities is the best way to learn responsibility. Assigning chores or tasks may not sound enjoyable, however. By framing rewards as short-term or long-term goals can motivate kids to take on responsibilities.

Try out some alternative rewards for completing tasks or chores:

- 1) ***Spend quality time together as a family.*** A reward that benefits the whole family can be a fun family outing or at-home family night. Some suggested family activities include a family movie night, kids' choice for dinner, or a weekend outing doing something the whole family will enjoy together.
- 2) ***More time.*** Rewards can be extra play time, a later bedtime, or even bonus screen time.
- 3) ***"Bucket List" Jar.*** Create a list of fun activities the family wants to complete together and write them individually on popsicle sticks or pieces of paper. When a chore/task/goal is completed, allow the kids to randomly choose a reward from the jar!

We'd love to see what our families are doing at home! Feel free to [share any photos or anecdotes](#) about how your family explores responsibility at home.