

NAME \_\_\_\_\_

## "I Can Help"

### Before:

- Wash my hands
- Help set the table
- Turn TV off
- Ask what I can do to help

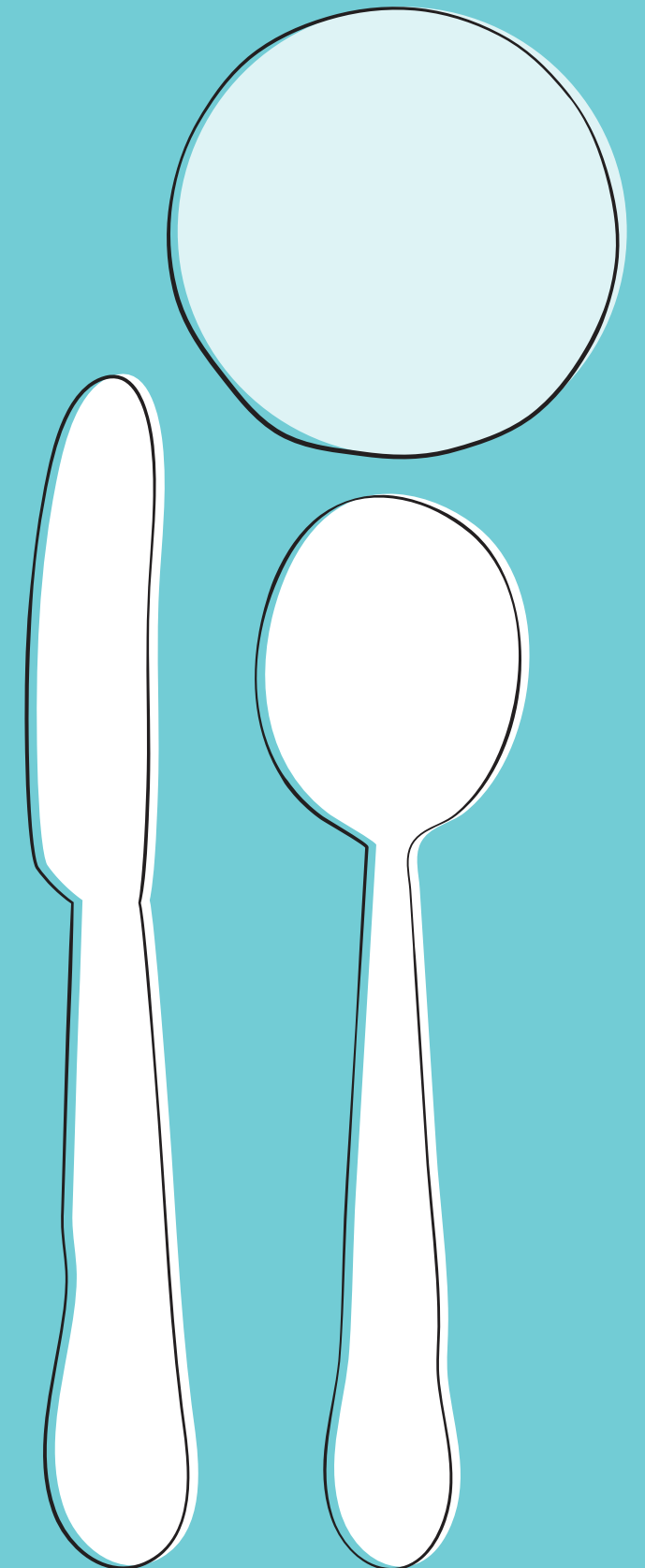
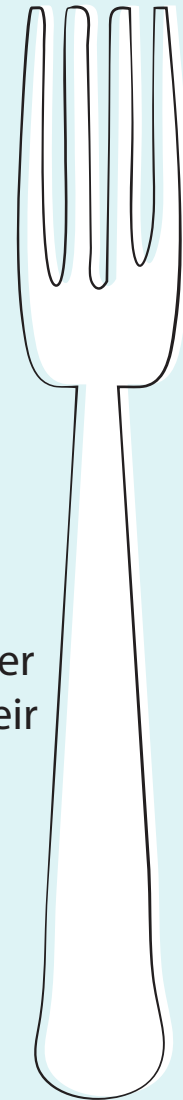
### After:

- Help clear the table
- Wipe the table
- Help clean dishes
- Thank the cook!

### HIGH/LOW GAME

Take time for each member of your family to share their high (best thing) for the day and their low (hardest or worst thing) for the day.

My high today is...  
My low today is...



Be sure to use a dry erase marker on your placemat for more fun in the future!