



My Positive Homework

Each day, pick a positive homework assignment. Try your best to complete the assignment during the day. At the end of the day, write down how you accomplished your homework assignment.

Compliment someone.

Offer your help to someone.

Say Hi to someone you don't know.

Identify something you are proud of. Identify a success during your day.

Thank someone (for their help, for being a good listener, for being a good friend, etc.)

Offer to share something with someone.

Try something new.

Ask someone how they are doing.

Take time to relax today.

Encourage someone (to persevere, to try, to continue).

Take time to do something that you love today.

Help a member of your community to do something.

Identify something that made you smile today.

Tell someone what you like about them.

Write down 3 of your qualities you like.

Identify something about yourself that you would like to continue to improve.



Our Positive Homework

Each day, your family can pick a positive homework assignment. Each member of your family should try their best to complete the assignment during the day. During dinner or another time during the day, each member of your family can share how they accomplished their homework assignment.

Compliment someone.

Offer your help to someone.

Say Hi to someone you don't know.

Identify something you are proud of. Identify a success during your day.

Thank someone (for their help, for being a good listener, for being a good friend, etc.)

Offer to share something with someone.

Try something new.

Ask someone how they are doing.

Take time to relax today.

Encourage someone (to persevere, to try, to continue).

Take time to do something that you love today.

Help a member of your community to do something.

Identify something that made you smile today.

Tell someone what you like about them.

Write down 3 of your qualities you like.

Identify something about yourself that you would like to continue to improve.