

# I am Helpful

My name is \_\_\_\_\_

Ask Mum, Dad or a Carer to help you with this chart  
& at the end of the week you can give yourself a GREAT BIG TICK!



Here's some activities you can do each day this week to be really helpful! You may need help from an adult for some of them:

- I made my bed
- I put my clothes away
- I packed away my toys
- I put my dishes in the sink
- I helped Mum, Dad, Nan, Pa or a Carer with a task!

Congratulations!  
You have finished your Helpful activities! High Five!



Ask Mum or Dad to download your special I AM HELPFUL certificate from  
[www.littlerockersradio.com.au/hippo-blue-uniquely-you/](http://www.littlerockersradio.com.au/hippo-blue-uniquely-you/)

