



Promise Sheet

Little Tigers/ Gr 1-2

Make a promise to yourself for this week to do something. It could be setting the table, doing 10 push ups every day, doing your kata every day, making your bed everyday, not yelling at your sister/brother, not losing your temper - whatever!

My Promise to myself:

Check off the days that you kept your promise!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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Name: _____ Date: _____

Return completed sheet and receive a kindness coin - save them and redeem them for prizes!



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