

Winter Break

Action Plan

One of my favorite parts of any break in our routine is the endless possibilities of tasks to catch up on and new experiences to experience. This Winter Break Action Plan will help you not only create a list of both Jobs and Joys to experience, but also serve as a way to illustrate and teach how responsibility is rewarded with enjoyment.

How to use the Action Plan:

This can be used for people of all ages. Print out one page per person.

For adults: Create a Job to Joy ratio that works for you, where you will feel accomplished and then deserving of a little slice of joy.

For children: Depending on the child's age and skill level, you can create a Job to Joy ratio that best serves your family and the child's individual needs. A 1:1 Job to Joy ratio might be more appropriate for younger children, while a 3:1 ration could be more appropriate for a tween or teen.

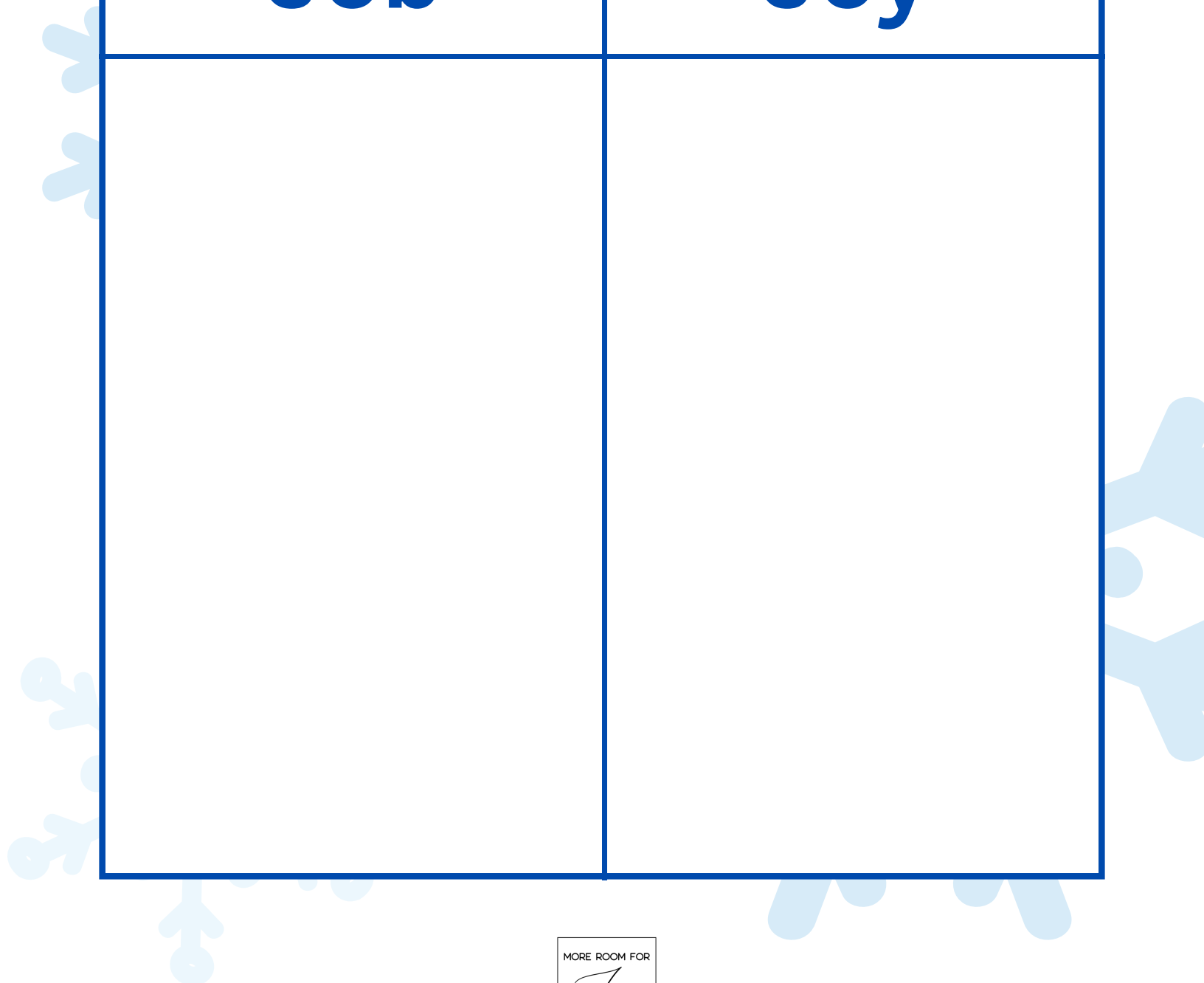
REMEMBER: Create clear and reasonable expectations for each job. Matching the Joy reward to the effort level of the job will help eliminate frustration and increase initiation.

There is no wrong answer here. Do what is best for your family. The premise of the Action Plan is to be able to work towards accomplishing tasks while also creating connections and memories during the break in your routine. Have fun with the process, experiment with what works for you and enjoy yourselves!



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Job	Joy

MORE ROOM FOR

Joy