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| P | B | I | S |  |
| Free Choice | dust the furniture | wash the dishes | say “good morning” to family members | Free Choice |
| clean the bathroom | do homework | give teammates/family members high-fives | include everyone | put dishes away |
| put away your toys | follow directions the first time | Free Choice | set the table | compliment someone |
| Free Choice | clean bedroom | use good table manners | help prepare a breakfast, lunch or dinner | say “thank you” |
| invite a friend to lunch or dinner | vacuum a room | do your homework without being told | pitch in or help out | take out the garbage |