Parent's					Chart				
Hugged my kid for no reason		W	Т	W	TH	F	5	5	
Helped my kid clean their room									
Took a calming breath before talking	111								
Played a board game with my kid and had fun									
Apologized when I got upset	(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)								
Showed GRACE to my kid when they got upset									
Did something silly, just to make my kid laugh	9!								
Did something just for me, because when I am not calm neither is my kid									