



# "I LOVE MY MOM & DAD!" CHALLENGE

My Name: \_\_\_\_\_

## Mom & Dad... I love you and want to show honor and respect to you!

I want you to know that you can count on me to obey you and that I'll do my best. I want you to be proud of me! Every time you "catch" me showing love in these four ways, you can give me a check-mark down below!

### 1. I'LL OBEY RIGHT AWAY WITHOUT DELAY

- If I hear you calling, I'll jump up quickly and say "I'm coming!"
- I'll show respect & honour by going quickly to see what you need.
- I won't just yell back up the stairs or make you come to me! "Don't yell... go and tell!"

### 2. I'LL WEAR HAPPY EYES

- I'll look right in your eyes with "happy eyes."
- I won't wear "bad attitude eyes."
- I won't ever, ever, ever roll my eyes or not make eye contact with you!

### 3. I'LL SAY "YES, MOM!" "YES SIR!"

- I'll respectfully say "Yes, Mom!" after you tell me you what you want me to do.
- I'll repeat what you asked me to do to make sure I understood your request.
- I'll do it quickly and with a good attitude... "Sure Mom, I'd be glad to set the table!"

### 4. I'LL DO THE WHOLE JOB - PLUS MORE!

- I'll do the job completely (no sloppy, half-finished jobs!)
- I'll surprise you and DO EVEN MORE than you asked! "An extra mile with a smile!"
- When I finish, I'll ask you, "Is there anything else you want me to do?"

## I Honored My Parents!

- |                             |                          |                          |                          |                          |                          |                          |                          |                          |
|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Right away without delay | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Happy Eyes               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. "Yes Mom!"               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do the whole job - PLUS! | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_