













Make the Six Kinds of Best Your Personal Quest! Progress Chart

Name: _____

 <p>Be Kind to Yourself</p>	<p>You are 'being your best' if you:</p> <ul style="list-style-type: none"> Exercise Eat good food Think safe and minimise risks Control your anger Show self discipline Stand up for yourself Be positive Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>If you are caught 'being your best' you might get to tick the box or apply a sticker. Don't ask for one!</p>
 <p>Be Kind to Others</p>	<ul style="list-style-type: none"> Show politeness & good manners Help others Praise others Be tolerant Include others Show good teamwork Do acts of kindness Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>You and your teacher or parent decide on the reward for achievement.</p>
 <p>Be Kind to the Environment</p>	<ul style="list-style-type: none"> Clean up Put rubbish in the bin Recycle Save water Save electricity Care for plants or animals Look after the environment Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>Complete all six in one row and get:</p>
 <p>Be the Learning Kind</p>	<ul style="list-style-type: none"> Are positive about learning Do more work than asked Work well in class Ask good questions Do good research Recognise your learning style Show a good general knowledge Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>Complete all six rows and get:</p>
 <p>Be the Achieving Kind</p>	<ul style="list-style-type: none"> Have a go Do your best Produce excellent work Get good marks Show good organisation Show persistence Set and achieve goals Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>The Six Kinds of Best is a values education program created by David Koutsoukis.</p>
 <p>Be the Community Kind</p>	<ul style="list-style-type: none"> Show good behaviour Show responsible behaviour Follow rules Show honesty Help out and be useful Share Support others in need Other: 						<p>You're the best kind!</p>  <p>Well done!</p>	<p>View other resources in this program and get free downloads at: www.sixkindsofbest.com</p>



