

# MY VALUES IN ACTION @ HOME CARD

COMPLETE THE ACTIVITIES AND BE A VIA  
CHAMPION!

I HELPED TO WASH THE  
DISHES AFTER A MEAL.

I HELPED TO WATER THE  
PLANTS AT HOME OR I  
FEED AND CLEAN OUR PET.

I EXERCISE AT HOME WITH  
MY FAMILY OR PLAY A  
BOARD GAME/COMPUTER  
GAME WITH THEM.

I LEARNED SOMETHING  
NEW. (CRAFT/BAKE/COOK/  
EXERCISE)  
DESCRIBE WHAT IS IT:

I PREPARED A  
HEALTHY MEAL WITH  
MY FAMILY.

I READ A STORY BOOK AND  
SHARED THE STORY WITH  
SOMEONE.

I PLANTED SOME PLANTS  
USING VEGETABLES FROM  
THE KITCHEN.

I HELPED CLEAR THE  
TABLE AFTER  
LUNCH/DINNER.

I DID SOMETHING NICE  
FOR SOMEONE AT HOME.  
DESCRIBE WHAT YOU  
DID:

I HELP TO MAKE MY  
OWN BED. / I SWEEP  
THE FLOOR.