



WELL DONE!

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You have reached your goal of:

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You have earnt a reward and can choose from

Staying up an extra 10 minutes

Play a board game with mum or dad

Get a treat (ice-cream/dessert/lolly)

Get 20 minutes on the iPad/computer

Do craft

Mum will paint your nails

Get a new book/dvd

Go to your favourite park

Play a game outdoors with mum/dad

Go and watch a movie with mum/dad