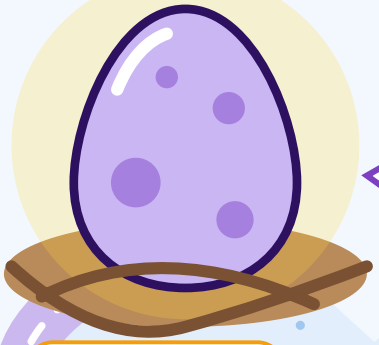
THE ROUTINE ADVENT CALENDAR

The 24 Flames Quest

1 mission a day · 1 flame to colour · 1 dragon to wake up



Shhh... Ember, a baby dragon, is asleep in a frozen egg.
Every mission you complete lights a flame to warm it up.
Collect all 24 flames and Ember will hatch on the 24th!
Colour one flame on the trail after each mission.

It hatches!

24 23 22 21 20 19

An eye opens!

13 14 15 16 17 18

The egg cracks!

12 11 10 9 8 7

1 2 3 4 5 6

START

Dragon Keeper: .....

The 24 secret missions

Cut out the cards, fold them, and let your child discover one each morning (in a jar, a sock, under the pillow…).

1  I get dressed all by myself this morning INDEPENDENCE	2  I brush my teeth for 2 minutes, morning and night HEALTHY	3  I give someone in my family a compliment KINDNESS	4  I tidy my toys away before dinner HELPING OUT
5  I pick a book and we read it together CALM	6  I make a drawing as a present for someone KINDNESS	7  I set the table HELPING OUT	8  I get ready for bed without being asked twice INDEPENDENCE
9  I put away my shoes and coat INDEPENDENCE	10  I set aside a toy to give away KINDNESS	11  I try a fruit or a vegetable HEALTHY	12  I take 5 dragon breaths: breathe in, blow out CALM
13  I pack my bag for tomorrow INDEPENDENCE	14  I call or send a voice message to someone I love KINDNESS	15  I wash my hands before eating, with no reminder HEALTHY	16  Screen-free evening: I choose a family game CALM
17  I water a plant or feed a pet HELPING OUT	18  I help someone before they ask KINDNESS	19  I put my laundry in the basket HELPING OUT	20  I dance or jump for a whole song HEALTHY
21  At dinner, I share the best part of my day CALM	22  I cook with a grown-up HELPING OUT	23  I do my morning routine from start to finish INDEPENDENCE	24  I say thank you to everyone at home KINDNESS

The parents' guide

2 minutes to set up, 24 days to build good habits.

1 Put up the map
Page 1 on the fridge, at your child's height. They write their name: it is their quest.

2 Reveal the mission
One card each morning. Read it together and agree on the right moment.

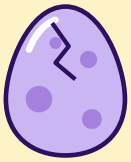
3 Colour the flame
Mission done? Your child colours it in. That is their little victory ritual.

4 Celebrate the milestones
On days 8, 16 and 24, hand over the reward voucher you chose in advance.

How to keep it going until the 24th

- Praise the exact effort: "you put your shoes away without me asking".
- A missed day never takes a flame away. Use a joker, or catch up tomorrow.
- Adapt it: under 5, do the mission together. Over 7, let them lead.
- Starting late? Do two missions a day, or finish at your own pace.

✂ The 3 reward vouchers (choose them together before you start)



DAY 8 · THE EGG CRACKS

Good for one-on-one time

Ideas: board game night, an extra story, a living-room den

Our reward: .....



DAY 16 · AN EYE OPENS

Good for a tasty surprise

Ideas: pancakes, hot chocolate, choosing dessert

Our reward: .....



DAY 24 · THE DRAGON HATCHES

Good for the big reward

Ideas: Christmas lights walk, home cinema, an activity of choice

Our reward: .....

Joker
Too busy today? This joker replaces one mission.

Joker
Too busy today? This joker replaces one mission.

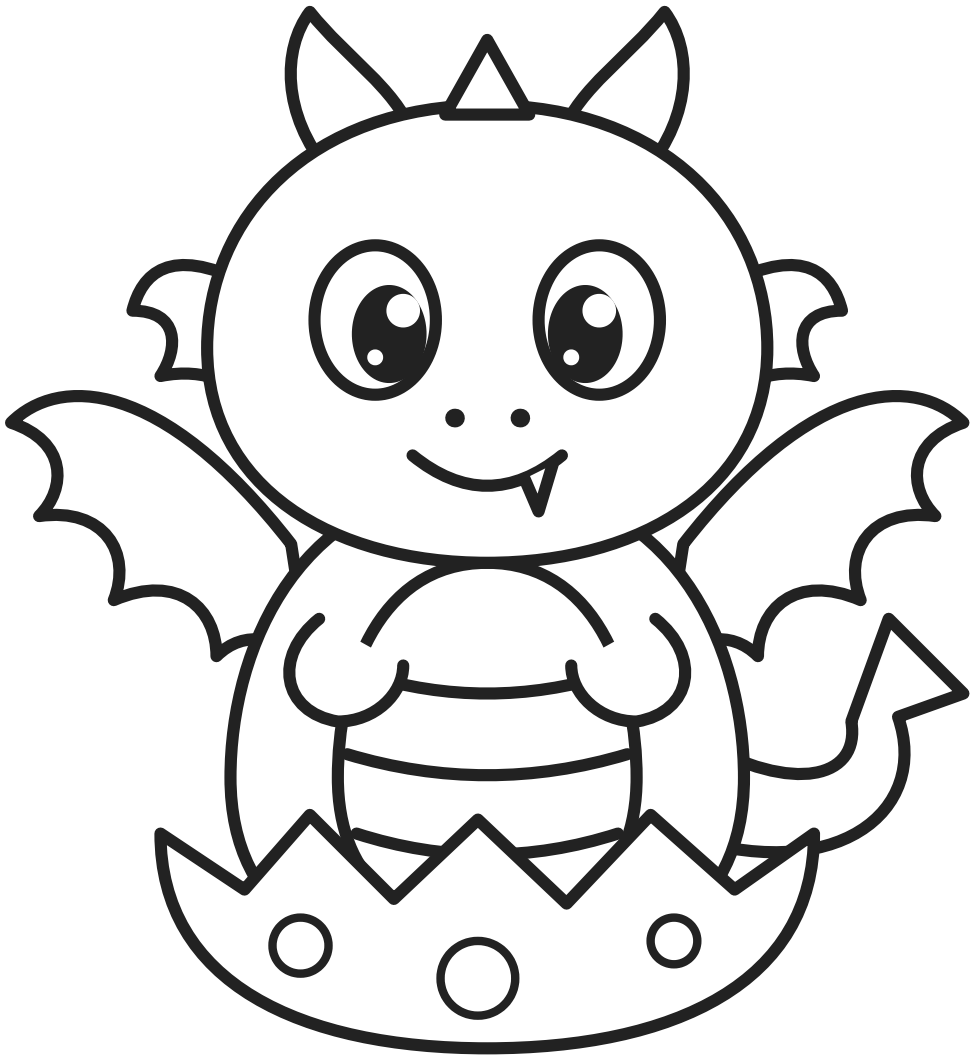
QUEST COMPLETE

Dragon Keeper Certificate

Awarded to

_____

who gathered the flames, warmed the egg and woke up Ember.



Colour Ember any way you like!

_____ _____

Parents' signature Date

The quest goes on in January

With the free GoodiQuest app: step-by-step routines, points, rewards, and a dragon that grows.

goodiquest.com