

SUMMER SCREEN TIME CHECKLIST

TO EARN SCREEN TIME, PLEASE COMPLETE EACH ITEM ON YOUR CHECKLIST!

DID YOU:

___ GET DRESSED

___ MAKE YOUR BED

___ EAT BREAKFAST AND CLEAN UP AFTER YOURSELF

___ BRUSH YOUR TEETH

___ COMPLETE 2 OTHER CHORES _____ AND _____

EXERCISE YOUR BRAIN:

___ READ FOR AT LEAST 30 MINUTES

___ WRITE IN YOUR SUMMER JOURNAL OR WRITE A FRIEND/FAMILY MEMBER A LETTER

___ COMPLETE A MATH BINGO ACTIVITY

___ DO SOMETHING CREATIVE (LEGOS, BLOCKS, ART, PUZZLE)

EXERCISE YOUR BODY:

___ PLAY OUTSIDE FOR AT LEAST 30 MINUTES

___ PLAY A GAME

___ PRACTICE NON SIBI SOLUM AND DO SOMETHING KIND FOR SOMEONE ELSE

___ YOUR CHOICE _____