



BEFORE SCREEN TIME ACTIVITIES

BREAKFAST

Most important meal of the day! Feel free to make breakfast for your mom anytime you wish...

QUICK PICK UP

Pick up and Put Away any items in Shared Living Spaces (if you do this at night, you can check this off before you even get out of bed!)

AT LEAST ONE CHORE

Choose from Weekly Chores (such as Laundry, Vacuuming, Mopping, Your Bathroom, Make a Healthy Dinner for the Family)

READ 30+ Minutes (something NON-electronic)

Don't forget to log your hours on the Library Reading program!

EXERCISE 60+ Minutes

You may use your phone to listen to music but not to play on your screen during this time.

WRITE 15+ Minutes

Write a letter to your grandparents/family/friends; Write a story/poem/rap I have prompts if you need them.

PRACTICE INSTRUMENT 30+ Minutes

This can be a serious practice to prepare for next year, or just have fun playing anything!

GO OUTSIDE 30+ Minutes

This is a bonus activity meaning you can check this one off most days while you do one of the other activities. You can *read* a book outside in the tree, work on your *writing* for 15 minutes at the park, play with the dog (*exercise*).

ASK: "WHAT CAN I DO TO HELP YOU?"

Some days this might be big (if we're having company, cleaning the basement, etc.) and other days, it might be small but have big meaning (give me a hug! Bake chocolate chip cookies).