

Before Electronics This Summer...Each Day....

Do all of these:

- Brush/floss teeth
- Make your bed
- Straighten up your room
- Read for 45 minutes
- Review math skills for 20 minutes
- Talk to a loved one – face-to-face for at least five minutes
- Do other chores as assigned



Creative: Choose at least one

- Write a story
- Color
- Draw a picture
- Paint
- Do a craft project

Outdoor: Choose at least one

- Play with friends
- Garden
- Go for a bike ride/walk
- Water balloon fight
- Play some type of sports



Other: Choose at least one

- Write and send a kind note to someone
- Call a relative to say "I love you"
- Play a board game
- Go to the library for story time and check-out books