

SUMMER ACTIVITY LIST

OUR SOLUTION TO YOUR KIDS "BOREDOM"

NAME: _____

THIS IS YOUR SCREEN TIME CHECK LIST. HAVE A GOOD ATTITUDE AND COMPLETE ALL OF THESE TASKS AND YOU WILL HAVE EARNED YOUR DAILY SCREEN TIME!

MORNING

TAKE CARE OF YOURSELF:

- Eat Breakfast
- Get Dressed
- Brush Teeth
- Brush Hair
- Make Your Bed

TAKE CARE OF THE HOUSE:

- Empty Dishwasher
- Put Dirty Dishes in Dishwasher
- Wipe Down Counters
- Put Dirty Clothes in Hamper
- Put Clean Clothes Away
- Pick Up & Put Away Your Toys
- Pick Up Your Bathroom

BUILD YOUR SPIRIT:

- Do Your Daily Devotional / Read Your Bible
- Talk to God / Pray for Your Family and Friends

DAILY

BUILD YOUR BODY:

- Play Outside for at least One Hour
 - Swim
 - Ride Your Bike
 - Play Tag
 - Draw on the Sidewalk
 - Make Your Own Obstacle Course
 - Build a Fort
 - Have a Race

BUILD YOUR BRAIN:

- Do Something Creative
 - Write a Story
 - Draw a Picture
 - Make up a Song
 - Plan a Talent Show
 - Throw a Dance Party
- Read a Book (At least one chapter or 20 minutes)

BUILD UP SOMEONE ELSE:

- Do Something Helpful for a Family Member.
- Say Something Nice to Encourage Your Sibling or Parent