



Summer Screen Time Checklist



- Wake up by _____
- Eat breakfast, Brush Teeth & Brush Hair
- Get dressed, Make bed, clean bedroom
- 30 minutes Arts & Crafts or writing
- 30 minutes Hobby/Musical Instrument
- 30 minutes Reading
- 15 minutes Practice Bible Memory Verse
- Make sure pet has food and water
- Do something nice for someone else
- 60 minutes Play Outside

