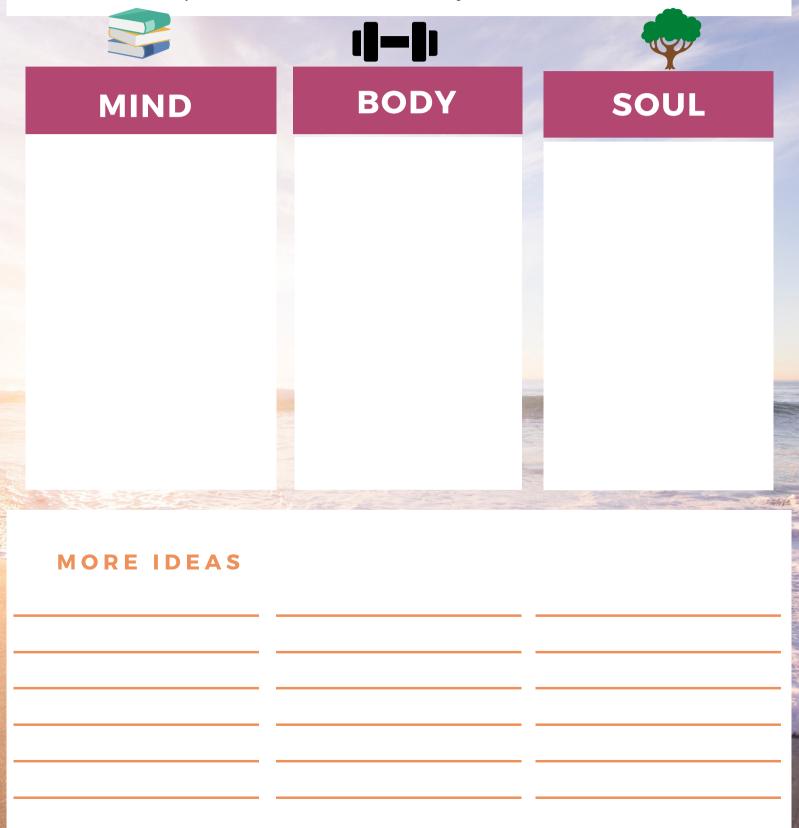
DAILY FAMILY GOALS:

Must accomplish 2 items from each group as well as ask Mom or Dad if they need help around the house before you can have screen time.



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MIND

*Read *Do a Puzzle *Work Book *Educational app *Search & Find *Matching Game *Flashcards *Checkers/Chess *Build something

I**I-I**I BODY

*Eat Good Foods *Get Rest *Brush Teeth 2x *Get Outside *Go for a Walk *Stretch *Dance *Yoga *Bike/Scooter

SOUL

*Read Bible *Read devotional *Pray *Sing *Quiet Time *Listen to Music *Make Music *Write a love note *Act in Kindness

MORE IDEAS

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