

# 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.



**MIND**

**BODY**

**SOUL**

**MORE IDEAS**


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## MIND

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



## 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
