



**You can have screen time only if you've  
already done these things today:**

**Got dressed and brushed teeth**

**Had breakfast**

**Played outside or did physical activity**

**Read for 20 minutes**

**Done your daily chore**

**Done something creative or educational**

**Helped a family member**

**Been kind and respectful**

**Then it's screen time!**



# SUMMMER

**Let's make each summer day awesome!  
Have you...**

**Gotten ready for the day?**

**Spent time outside?**

**Done something helpful at home?**

**Learned something new?**

**Used your imagination or done something  
creative?**

**Connected with a friend or family member?**

**Moved your body and had fun?**

**Great job! Now choose something from  
your summer bucket list!**





**Let's make each summer day awesome!**  
**Have you...**

**Great job!**

