

Holiday and Summer Break SCREEN TIME RULES

by naturalbeachliving.com

Have you...

☐

Brushed your teeth

☐

Brushed your hair

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Dressed for the day

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Had breakfast

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Made your bed

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20 minutes of reading time (book or magazine)

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20 minutes of writing, coloring, or drawing

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30 minutes of outside play

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Made/built something - Lego, Crafts, Block play, Art

DON'T FORGET TO BE AWESOME!