



Before you turn on the TV/computer/ipad, choose 5 things from the lists below:

Column A (pick two)

For at least 30 minutes:

- ★ Play outside
- ★ Go for a walk/run
- ★ Ride your bike
- ★ Swim at the pool



Column B (pick two)

For at least 20 minutes:

- ★ Read
- ★ Color/draw
- ★ Play with Legos
- ★ Play with playdough
- ★ Do a craft activity
- ★ Bake something
- ★ Write a letter to a friend
- ★ Write a story
- ★ Play with dolls or stuffed animals

Column C (pick one)

- ★ Clean your room
- ★ Pick up the playroom
- ★ Sweep or dust the house
- ★ Ask someone if you can help them



SUMMER VACATION RULES