

NO SCREEN TIME UNTIL...

Daily Checklist for Kids

☐ I have made my bed neatly

☐ I am dressed for the day

☐ I have brushed my teeth & hair

☐ I have eaten my meal / healthy snack

☐ I have finished my homework / reading

☐ I have completed my daily chore

☐ I have played outside for 30 minutes

☐ I have done something creative

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