

# NO SCREEN TIME UNTIL..

## Summer Checklist

- Completed 30 minutes of outdoor play
- Taken a walk or bike ride
- Finished a sports practice
- Made the bed
- Brushed teeth and hair
- Dressed for the day
- Eaten breakfast/lunch/dinner
- Helped set the table or cleaned up dishes
- Read a book for 20 minutes
- Drawn a picture or done a craft
- Helped with a household chore
- Spent time talking with a family member about their day

# DAILY CHORES

## Summer Checklist

- Make the Bed
- Tidy Up Toys
- Feed Pets or Water Plants
- Help Set the Table
- Sweeping
- Wipe Windows and Mirrors
- Help Prepare Simple Meals
- Put Shoes Away
- Help in the Garden
- Collect Dirty Laundry
- Help With Grocery Lists
- Clean Door Handles

# DAILY SUMMER SCHEDULE

## for kids

8:00 AM	Wake up and morning routine
8:30 AM	Breakfast
9:00 AM	Chores
9:30 AM	Educational activity
10:30 AM	Snack time
11:00 AM	Arts and crafts
12:00 PM	Free play
12:30 PM	Lunch
1:00 PM	Quiet time
1:30 PM	Screen time (limited to 30-60 minutes)
2:30 PM	Nap or rest time
3:30 PM	Snack time
4:00 PM	Outdoor exploration
5:00 PM	Water play
6:00 PM	Dinner
6:30 PM	Family time
7:30 PM	Bedtime routine
8:00 PM	Bedtime

# WEEKLY SUMMER SCHEDULE

## for Kids

**MONDAY**  
*Make it*

Crafting with recyclables, DIY bird feeders, and homemade playdough.

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**TUESDAY**  
*Fun Day*

Board games, indoor obstacle course, and a movie afternoon with popcorn.

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**WEDNESDAY**  
*Outdoor Day*

Picnic at a local park, nature walk, and frisbee or kite flying.

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**THURSDAY**  
*Adventure Day*

Scavenger hunt around the neighborhood or inside the home, exploring local historical sites, or a mini road trip to a nearby interesting location.

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**SUNDAY**  
*Relaxation Day*

Visit to a swimming pool, water balloon toss, and slip 'n slide in the backyard.

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**FRIDAY**  
*Water Day*

Volunteer at a community garden, organize a small neighborhood clean-up, or visit a local nursing home to spend time with residents.

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**SATURDAY**  
*Community Day*

Yoga for kids, reading time, and family meditation.