

SUMMER

MORNING

take care of yourself

- ☼ **eat breakfast**
- ☼ **get dressed**
- ☼ **brush teeth**
- ☼ **brush hair**

build your spirit

- ☼ **read bible or devo or Bible truths**
- ☼ **pray for family or friends**

take care of the house

- ☼ **daily chore**
- ☼ **make your bed**
- ☼ **clean up after meals**
- ☼ **clothes in laundry**
- ☼ **pick up toys**
- ☼ **pick up room**

DAILY

- ☼ **build your body**
(outside for 1 hour)
ride your bike
play a sport
color with chalk
build an obstacle course
have a race
dance
garden
read
- ☼ **build your brain**
write a story or letter
draw or color
sing or dance
legos
- ☼ **build up someone else**
do something helpful
or say something
nice to encourage