

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