

# SUMMER CHECKLIST

- \_ make your bed**
- \_ breakfast**
- \_ brush your teeth**
- \_ get dressed**
- \_ tidy up bedroom/bathroom**
- \_ tidy up playroom**
- \_ 20 min of reading**
- \_ 30minutes of exercise**  
(ex: swim, trampoline)
- \_ ask mom or dad how you can help**
- \_ gratitude journal**  
(what are you thankful for today)