

Summer Blessings week of _____



Please be ready to start your day by 10:00. Eat, get dressed, make your bed, brush teeth. Do all things below with a grateful heart!

Bless your MIND

- Read to self at least 30 minutes a day
- Read to a younger sibling or pet
- 30 Minutes of brain work (puzzle, brain teasers, write in journal, brain game)



Bless Your BODY

- Run a mile in under 10 minutes
- 25 push-ups, 50 sit ups, 1 min. planks (2 x)
- Up your game for an hour a day (25 free throws, 15 lay-ups, hit off tee, rebounder etc.)



Bless Your SOUL

- Read your bible or devotional for 10 minutes.
- Meditate for 5 minutes
- Sing/play instrument for 20 minutes

Weekly

- Swim a 100 meter
- Act of Kindness (write a letter, take someone flowers, make cookies/food for someone, help a neighbor)
- Help prepare a healthy meal
- Fun Family Activity!!!