

Summer Goals

Goals/Agreements

- Brush Teeth AM/PM
- 20 minutes of Reading
- 20 minutes of Creative arts
- 15 minutes of clean up
- 60 minutes of physical activity
- 20 minutes on summer goal
- 60 minutes of play outside

Agreements around Electronics:

This website can help make a media plan

- Adults will model agreements.
- Technology charges outside of bedroom
- Technology goes to bed one hour before bedtime.

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Agreements around Electronics:

This website help build a technology plan (healthy children.org

<https://www.healthychildren.org/English/media/Pages/default.aspx>

_____ Adults will model agreements.

--- _____ Technology charges outside of bedroom.

_____ Technology goes to bed one hour before bedtime.