

# 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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## Goals/Agreements

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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.
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