



## HAVE YOU:

- \_\_\_ **Dressed** yourself?
- \_\_\_ **Brushed, flossed and rinsed** your teeth?
- \_\_\_ Had a **healthy breakfast** and a **drink**?
- \_\_\_ Packed a **healthy lunch and water**?
- \_\_\_ Packed a **snack**?
- \_\_\_ Put away all **dishes and food**?
- \_\_\_ Put your **lunch, snack, and water** in your backpack?
- \_\_\_ Packed your **homework** in your backpack?

## THEN, if everything is completed, you can....

Read a book

Color a picture

Write a note or story

Empty the dishwasher

Help somebody in the family

Make or build something creative

Exercise: 10 each-jumping jacks, lunges, push-ups, sit-ups