

Homework:

Do one or more of the following EVERY day for a minimum of 90 minutes!

Play outside

Exercise

Create something

Meditate

Talk with parents

Volunteer

Read a book

Week of: _____ **Home"work"** Name: _____

Do one or more of the following for a minimum of 90 minutes everyday!

<p><u>Monday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>	<p><u>Tuesday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>	<p><u>Wednesday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>
<p><u>Thursday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>	<p><u>Friday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>	<p><u>Saturday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>
<p><u>Sunday</u> Play outside____ Exercise____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____</p>	<p><u>Reflection</u></p>	