

Daily Plan #2 (No Screen Day)

Print this daily plan one night and check off the items as the day goes on! This daily plan is centered around not being on the computer or TV all day!

- Good morning! Let's start the day by changing out of your pajamas into some clothes**

- Get a good breakfast this morning! Think of eggs, oatmeal, or a smoothie bowl**

- Scavenger hunt time! To pass the time, walk around your house and try to find:**
 - a baby picture of you**
 - a picture of one/both of your parent(s)**
 - a paperclip**
 - a red jacket/coat**
 - a white, black, or gray blanket**
 - a book with the word "the" in the title**

- Read 20 pages of your favorite book**

- For lunch, get something healthy, like avocado toast or a sandwich!**

- Get a pencil and paper and try your best to draw a butterfly, cat, or bunny!**

- Get up, get moving and make up your own dance! If you have a sibling, get them to dance with you too!**

- Clean out your closet! This task may be annoying at times, but turn on some music and have fun with it!**

- Have a family dinner! After, ask your family if they would like to play a board game!**