



BEFORE SCREEN TIME CHECKLIST

HAVE YOU?

- Dressed for the day
- Put your PJ's away
- Made your bed
- Opened your curtains
- Brushed your hair
- Brushed and cleaned your teeth
- 20 minutes of movement
- 25 minutes of reading time
- 30 minutes of creative play
- 30 minutes of outside play
- Completed a chore

The above can be completed in any order. Once completed we work on 3 sessions of 20 minutes on and 20 minutes off.

Creative Ideas

Writing
Drawing/colouring
Lego/building blocks
Listen to or dance to music.
Play cards games or board games
Practice a musical instrument
Build puzzles
Construct a project

Outside Play Ideas

Skipping rope
Cartwheels
Play with pets
Ride a bike
Ball games
Sidewalk chalk
Hula hoop
Hopscotch



IDEAS & CHALLENGES:

- Make a domino train
- Build a card tower
- Join the lego challenge
- Make playdough
- Make oobeleg
- Build a bug hotel
- Make a bird feeder
- Make a suncatcher
- Draw a chalk rainbow on the driveway or wall
- Paint rocks
- Build a fort
- Make a marble track
- Learn how to origami
- Learn how to finger knit
- Outdoor scavenger hunt
- Draw a Minecraft selfie
- Create a box city/house
- Recycle material craft
- Online playdate (where you create)