

GROWTIME *before* SCREENTIME

Before you ASK to get on a screen Complete this CHECKLIST

Four areas of GROWTH daily: **Spiritual**, **Social**, **Mental**, **Physical**

Time with God: Pray, Bible, Memorize, Worship

Do something kind for a family member

Show Kindness to someone not in the family

Write in your Journal

Read twice as many pages as you are years old

Math Facts Practice

Put a New Fact in our Interesting Facts Book

Get some EXERCISE, preferably OUTSIDE

Corresponds to Episode 151
@PracticallySpeakingMOM

PEOPLE TO ENCOURAGE

- Grandparents
- Neighbors
- Friends
- Teachers
- Someone Sick
- New Moms
- Police Officers
- Firemen
- Mayor

DO }
SAY } *Something Kind*
MAKE }

shhh! Acts of Kindness without applause

Ideas of Kindness for family

DO

- Make their bed
- Do their chore
- Clean up part of their bedroom

SAY

- Make an acronym of their name
- Give them an encouraging note

GIVE

- Make them a card
- Put some candy on their pillow
- Put a flower in their room



Plant
Seeds
of
Kindness