

# GROWTIME *before* SCREENTIME

Before you ASK to get on a screen Complete this CHECKLIST

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

Corresponds to Podcast Episode 151  
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## PEOPLE TO ENCOURAGE

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

DO

SAY

MAKE

} *Something Kind*

shhh!!! Try to keep it a secret

## Ideas of Kidness 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

- Put some candy on their pillow
- Put a flower in their room



Plant  
Seeds  
of  
Kindness