School Break Day Checklist

Thanksgiving & winter break · write the dates on top

Name: _____

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👕 Dressed by 9:00	☐	☐	☐	☐	☐	☐	☐
🥣 Breakfast	☐	☐	☐	☐	☐	☐	☐
📚 Read for 20 minutes	☐	☐	☐	☐	☐	☐	☐
🏃 Play outside or move	☐	☐	☐	☐	☐	☐	☐
🧽 One helping job	☐	☐	☐	☐	☐	☐	☐
🎨 Make or build something	☐	☐	☐	☐	☐	☐	☐
📺 Screen time (after the list!)	☐	☐	☐	☐	☐	☐	☐
🧹 Tidy up before dinner	☐	☐	☐	☐	☐	☐	☐
💤 Bedtime on time	☐	☐	☐	☐	☐	☐	☐

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