

TECHNOLOGY CHECK-LIST

When you've done all of these things, you can get on the device of your choosing.

SCHOOL DAY

- Empty backpack
- Do homework or other school practice work
- Pick up in one room
- Read for 10 minutes
- Color or write for 20 minutes
- Play outside or work with your hands for 20 minutes
Examples: LEGOs, PlayDoh, Sewing, Crafting, Origami, Paper Airplanes
- Help another family member. Ask if there's anything you can do to help someone else today.

NO SCHOOL DAY

- Brush teeth & hair
- Make bed, pick up room
- Practice sight words or math facts
- Pick up in one room
- Read for 10 minutes
- Color or write for 20 minutes
- Play outside or work with your hands for 20 minutes
Examples: LEGOs, PlayDoh, Sewing, Crafting, Origami, Paper Airplanes
- Help another family member. Ask if there's anything you can do to help someone else today.