

SWAP CHORES FOR SCREEN TIME

<p>Do the Laundry</p>  <p>15 Min.</p>	<p>Read 30 Min.</p>  <p>15 Min.</p>	<p>Empty Dishwasher</p>  <p>10 Min.</p>	<p>Clean your Room</p>  <p>15 Min.</p>
<p>Sweep the Floor</p>  <p>10 Min.</p>	<p>Clean Bath Room</p>  <p>15 Min.</p>	<p>Vacuum the Family Room</p>  <p>10 Min.</p>	<p>Put Shoes Away</p>  <p>10 Min.</p>
<p>Play with Sibling</p>  <p>15 Min.</p>	<p>Walk the Dog</p>  <p>15 Min.</p>	<p>Empty the Trash</p>  <p>10 Min.</p>	<p>Wash the Car</p>  <p>20 Min.</p>

Cut out cards. Distribute to children when chores have been completed. Collect cards when screen time is used. Make more family specific cards together. Decorate a shoe box to hold the cards. Have fun!

Four Weeks of FUN

Ideas for Family Members

1 Have an Indoor Picnic	2 Play a Board Game	3 Play Catch	4 Paint your Nails Together	5 Make Cookies	6 Watch a Movie	7 Bake Cupcakes Together
8 Read a Favorite Book	9 Finger Paint	10 Tie Dye Socks	11 Start a scrapbook	12 Sing Holiday Songs	13 Make Paper Flowers	14 Make Play Dough
15 Go for a Walk	16 Play Dress Up	17 Ride Bikes Together	18 Go to the Park	19 Go Fishing	20 Build a Fort	21 Plant Flowers
22 Play Charades	23 Go Bowling	24 Play 20 Questions	25 Go Skating	26 Make a Family Tree	27 Fly a Kite Together	28 Call your Grand-Parents