

FAMILY SCREEN TIME CHECKLIST

AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND AND WITH ALL YOUR STRENGTH. - MARK 12:30

Before we use devices and screens for entertainment this summer, we will focus on living the way Mark 12 calls us to live. Use the checklist as a reminder!

HEART

- DRESSED FOR THE DAY
- HELPED WITH CHORES
- ACTS OF KINDNESS
- WRITE A NOTE TO A FRIEND OR FAMILY MEMBER

SOUL

- READ THE BIBLE
- MEMORIZE SCRIPTURE
- PRAYER
- GRATITUDE

MIND

- READ FOR 30 MINS
- TRY A NEW HOBBY
- PLAY A BOARD GAME
- SUMMER WORKSHEETS

STRENGTH

- EXERCISE
- PRACTICE A SPORT
- PLAY OUTSIDE
- SET UP AN OBSTACLE COURSE