



WEEKLY HEALTH + WELLNESS ACTIVITIES

June 15-19

Mindful MONDAY

Develop a chore chart for home with a parent or guardian. Find ways to demonstrate you are a responsible member of your family.

[Click here for a fun free Chore chart Template](#)

Tasty TUESDAY

Did you know you can be responsible in your eating as well? It is important we take care of our bodies and eat healthy and balanced meals. Looking for a healthy snack?

[Check out these Cheese, Meat and Fruit Kabobs!](#)

Wiggly WEDNESDAY

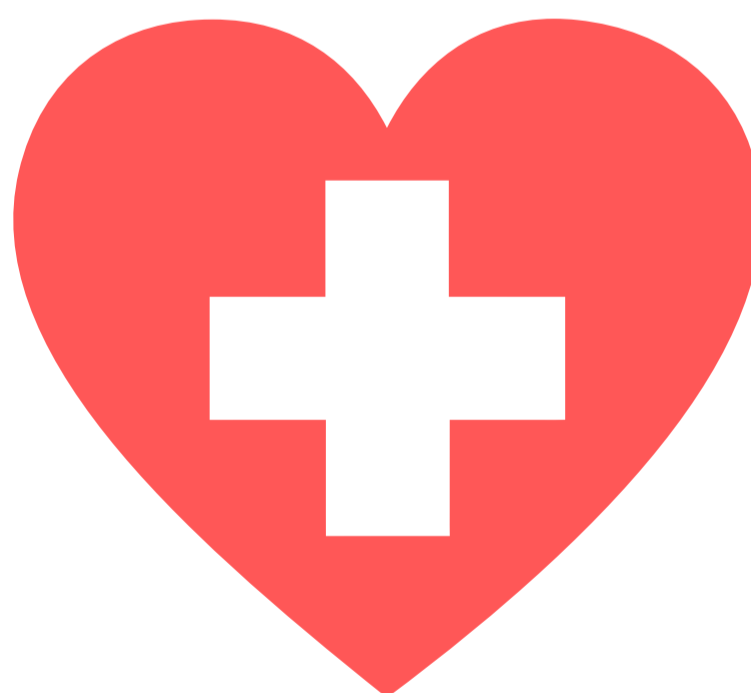
Take a brain break and get moving. This video is a full body boogie dance!

[Watch video here](#)

Thoughtful THURSDAY

Read this poem together as a family. Decide together what this poem means and how it relates to chores and responsibility at your house.

[For Primary](#)
[For Elementary](#)



MRS. LEWIS
MRS. HANS

FUN FRIDAY

Try this game of BINGO which you can work toward earning your time with the TV, tablet or computer. The BINGO cards have several small chores that you can do. Each time you score a BINGO!, you earn 30 minutes of screen time. The game comes with reward slips, which you can then redeem when you are ready to watch a show or play an app.

[Find the game here](#)

GOAL OF THE WEEK:

Learning to be responsible. [Click here](#) to read about what responsibility means and looks like.