



Daily Brain & Body Boosters



- ☐ Read for _____ minutes
- ☐ Learn to spell **2** new words
- ☐ Learn to use a new word correctly in a sentence
- ☐ Use math flashcards or worksheets for **10** minutes
- ☐ Play **ABCMouse** for **20** minutes
- ☐ Practice handwriting
- ☐ Draw or color a picture
- ☐ Play a game
- ☐ Play or listen to an instrument
- ☐ Notice wildlife outside
- ☐ Go for a walk
- ☐ Play outside
- ☐ Eat a fruit
- ☐ Eat a vegetable
- ☐ Do **10** jumping jacks
- ☐ Put together a puzzle
- ☐ Take a shower/bath
- ☐ Wash hands
- ☐ Brush teeth

