

Healthy Holiday Rules

Screen time comes when the following has been done...

- Read for 15 minutes
- Write for 15 minutes
- Eat breakfast
- Get dressed
- Clean up your bedroom
- Play outside for 20 minutes
With each other or a pet
- Play a game (nicely) with each other
- Help someone in the family
Ask Mum or Dad for ideas if you're stuck

Please don't ask for screen time until the above has been completed. These are the rules to keep your brain and body healthy during the holidays.

Ideas for 15-minute Writing

- Summary of your favourite book
- List of facts about something or someone
- Things I am grateful for list
- If I were the prime minister I would change
- If I was rich I would
- Crazy inventions
- Things I wish Mum or Dad knew/understood
- Things I would do if I was Mum or Dad
- Dad's day - What you think Dad does at work
- Mum's day - What you think Mum does at work
- A letter to 30-year-old you
- A letter to 21-year-old you
- If my dog could talk he would say
- What my life as an adult will be like
Job, House, Sport, Travel, Children
- My favourites list
Colour, Friends, Activities, Movies, Songs, Books, People, TV shows, Toys, Jobs, Places, Parties, Holiday
- Bucket list - things I'd like to do, places I'd like to go
- Explain why you liked a particular movie
- Write a persuasive letter to Santa, God, Your Principal or Boss, requesting something interesting.