

# Before You Close the Books

---

An end of day check — for any kind of day

Name: \_\_\_\_\_

## BEFORE THE SCREENS GO ON

---

☐ **Fresh air**

Outside at some point — even briefly. Air on skin counts.

---

☐ **Moved your body**

Intentional movement. Five minutes counts.

---

☐ **Been creative**

Made something that didn't exist before.

---

☐ **Read something**

Anything. Being read to counts. Audiobooks count.

---

## TODAY I...

---

---

---

---

---

---