

Before You Close the Books

An end of day check — for any kind of day

Name: _____

BEFORE THE SCREENS GO ON

☐ Fresh air

☐ Moved your body

☐ Been creative

☐ Read something

TODAY I...

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...
