**Homework Choice Board**

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| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **do a house chore** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **talk about puberty with an adult in your home** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Draw a picture for someone in a  nursing home a** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Move the laundry from washer to the dryer** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **breathe in/breathe out** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Do a physical activity for 5 minutes of your choice** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Have a conversation with a friend/family member** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Play a game**  **(not a video game)** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **eat a fruit or vegetable** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Write down your favorite healthy snack** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Practice a stress reliever** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Write down 3 things you like about yourself** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Jump up & down 10 times** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **wash your hands** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **make someone laugh** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Help fold laundry and put items away** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **sing out loud** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **help someone do something they may need help with** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **wash your face** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Clean off the table after a meal** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Vacuum** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **put on deodorant** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Brush your teeth** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Have a dance party** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Help make a snack / meal** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **get enough sleep** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **Read a book (have a book read to you)** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_  **be positive and be there for someone who may be sad** |