**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** |