



## Tips:

Create Choice Boards for Certain Activities.

Brain Gym should include anything that works your mind. This could be reading, puzzles or coloring, but it could also be a time during the day to work in a summer schooling or home-schooling activities.

Outside play should also contain choices. Make sure the options for the day or the week are explained and displayed. If kids have attended preschool or kindergarten choice options will be nothing new to them.

Note: If you are a working mother and work from home, no errands are getting ran until the weekend or until after the workday ends, so replace “Run Errands” with an at home activity that kids can do while you finish up your workday.

