

Break the Screen Routine completion form

For each section please complete at least one challenge. If none of them appeal, or you can think of a better option for you, then there is a space to add your own challenge underneath. Tick the ones that you have completed and have a member of your household sign the form to confirm your successful day!

Pupil Name: _____

Academic

- Read a chapter
 - Build a model
 - Bake a cake
 - Do something green
 - Create a piece of art
 - Write or Learn a song or poem
 - Individual challenge
- _____

Co-curricular

- An hour of Exercise
 - Learn a monologue
 - An act of service
 - Do a household chore
 - Make a family progress chart
 - Individual challenge
 - Do a mindfulness exercise
- _____

Pastoral

- Be other handed
 - Call a relative
 - Make a memory book
 - Play a family game
 - Cook a meal
 - Individual challenge
- _____

I confirm that _____ has completed the above challenges.

Signed _____