

## 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 ☐
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### 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 ☐
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### Pastoral

- Be other handed ☐
  - Call a relative ☐
  - Make a memory book ☐
  - Play a family game ☐
  - Cook a meal ☐
  - Individual challenge ☐
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I confirm that \_\_\_\_\_ has completed the above challenges.

Signed \_\_\_\_\_