

SUMMER DAILY CHECK-IN

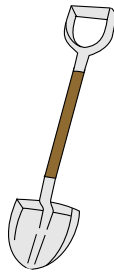
YOUR LIFE IS A GARDEN SO PLANT SEEDS, WATER THEM,
AND PULL THE WEEDS.
DAILY LEANING INTO GOD TO FLOURISH.

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TODAY IS _____

MORNING CHECK-IN

- BRUSH TEETH
- MAKE BED
- CHORE FOR THE DAY
- EAT BREAKFAST



GROWING IN SPIRIT

- CONNECTING WITH GOD:
BIBLE STUDY
- DEVOTIONAL
- PRAYER JOURNAL
- WORSHIP SONG



HOW'S YOUR HEART?

I FEEL _____.

I NEED:

- REST
- A HUG
- ENCOURAGING WORDS
- ALONE TIME
- 10 MINUTE CONNECT
TIME WITH MOM/DAD
- GUIDANCE IN _____.



EMOTION WORDS: EXCITED, GRUMPY,
CONFIDENT, OVERWHELMED, HOPEFUL,
GUILTY, EXHAUSTED, SCARED, LONELY

GROWING YOUR MIND

- READ FOR 30 MINUTES
OR MORE
- MATH WORKSHEET
- JOURNAL PROMPT
- STEM ACTIVITY



GROWING YOUR BODY

PLAY OUTSIDE FOR AN HOUR:

- EXERCISE
- RIDE BIKE
- GO FOR A RUN
- BE CREATIVE

