

MRS. ENGLISH'S RBES SCHOOL COUNSELING AMI (SNOW DAY) CHECKLIST MUST COMPLETE (2) TASKS PER SNOW DAY TO GET CREDIT AND A GROWN UP MUST SIGN

You do NOT have to do all of the tasks or do them in any order. You can pick and choose which two you will do each day. There will be tasks that will, may, or can not be done and that is okay. You do NOT have to complete every task. They are just there to give you choices.

NAME _____ HOMEROOM _____ 2022-2023

#	<input checked="" type="checkbox"/>	Task	Date	Parent Signature
1	<input type="checkbox"/>	Read the whole list before you decide on a task		
2	<input type="checkbox"/>	Make something from a recipe		
3	<input type="checkbox"/>	Write your thoughts in a journal		
4	<input type="checkbox"/>	Write out a plan of your day		
5	<input type="checkbox"/>	Write friendly letters to (2) adults		
6	<input type="checkbox"/>	Write friendly letters to (2) students		
7	<input type="checkbox"/>	Practice taking Deep/Calmng Breaths		
8	<input type="checkbox"/>	Spend (2) hours of your day playing with things that require no technology		
9	<input type="checkbox"/>	Practice meditation or prayer for 10 minutes		
10	<input type="checkbox"/>	Snuggle with your pet(s)		
11	<input type="checkbox"/>	Call someone elderly and talk to them.		
12	<input type="checkbox"/>	Make a long-term and a short-term goal.		
13	<input type="checkbox"/>	Exercise for (30) minutes		
14	<input type="checkbox"/>	Eat no candy for a whole day.		
15	<input type="checkbox"/>	Try something new.		
16	<input type="checkbox"/>	Clean your room!!!!		
17	<input type="checkbox"/>	Read an book to yourself or someone else		
18	<input type="checkbox"/>	Make a list of ten things you are grateful for		
19	<input type="checkbox"/>	Make a FORT and play in it		

#	<input checked="" type="checkbox"/>	Task	Date	Parent Signature
20	<input type="checkbox"/>	Make a list of at least (5) things you like about yourself		
21	<input type="checkbox"/>	Draw a picture or color a picture		
22	<input type="checkbox"/>	Eat a healthy breakfast		
23	<input type="checkbox"/>	Find out something new about your family history		
24	<input type="checkbox"/>	Interview someone about their career		
25	<input type="checkbox"/>	Do an extra chore around the house		
26	<input type="checkbox"/>	Learn a new skill		
27	<input type="checkbox"/>	Watch a show on PBS or another educational channel		
28	<input type="checkbox"/>	Learn a phrase in a different language		
29	<input type="checkbox"/>	Drink a cup of hot cocoa or hot tea		
30	<input type="checkbox"/>	Take a warm bath (add bubbles if you've got them)		
31	<input type="checkbox"/>	Talk to a trusted adult about your feelings		
32	<input type="checkbox"/>	Play a game with someone		
33	<input type="checkbox"/>	Make a list of (3) things you do well, then make a list (3) things you would like to get better at		
34	<input type="checkbox"/>	Write down a negative thought, then cross it out and replace it with a positive one.		
35	<input type="checkbox"/>	Sing a song		
36	<input type="checkbox"/>	Volunteer to help someone		
37	<input type="checkbox"/>	Make a gift to give to someone		
38	<input type="checkbox"/>	Share something with a sibling or friend		
39	<input type="checkbox"/>	Hug your family members		
40	<input type="checkbox"/>	Brainstorm, choose, and write down your life values		
41	<input type="checkbox"/>	Log on to Mrs. English's Google Classroom or visit her website at rbcounselor.weebly.com		

