

A DAILY SCHEDULE FOR YOUTH

Try adding a few healthy rhythms to your day from each section to make the most of your time. It'll help you feel great about how you spend your time.

GROWING

- × List 10 things you're thankful for
- × Watch a youth series on RightNow Media. It's the Netflix of faith-based content. Ask us how to access it for free.
- × Read a psalm or a short devotional
- × Read and reflect on a Bible verse, pray, spend time talking and listening to God.

HELPING

- × Put together a dinner menu and help make it
- × Do one chore around the house
- × Reach out to a friend: Send a text or stick a note in the mail.

LEARNING

- × Schoolwork
- × Watch a documentary
- × Look up some news online and see what's happening in the world. Share an uplifting story with your family.

RELAXING

- × Listen to music 15-30 minutes (**Soak** by New Life Worship; **Mountain** by Christoffer Franzen)
- × Take a walk or do something physical
- × Read something for fun (or not, if you don't like reading)
- × Take a nap or snuggle a puppy