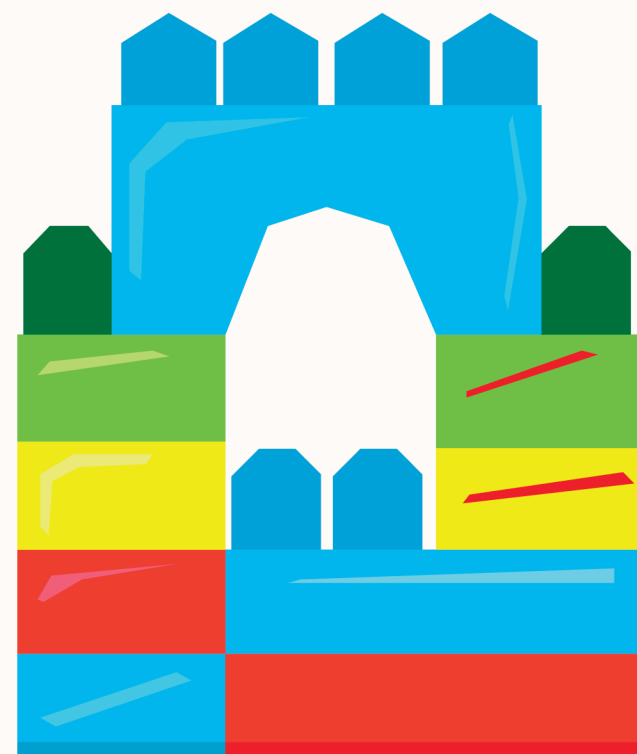# BEFORE WATCHING YOUR IPAD....
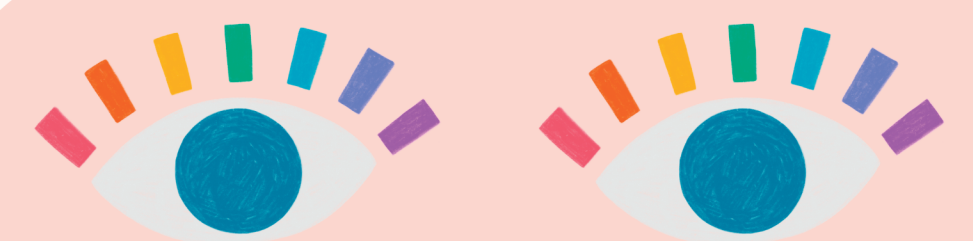
PLEASE DO THESE FIRST!

READ
A BOOK

BUILD
SOMETHING

COMPLETE
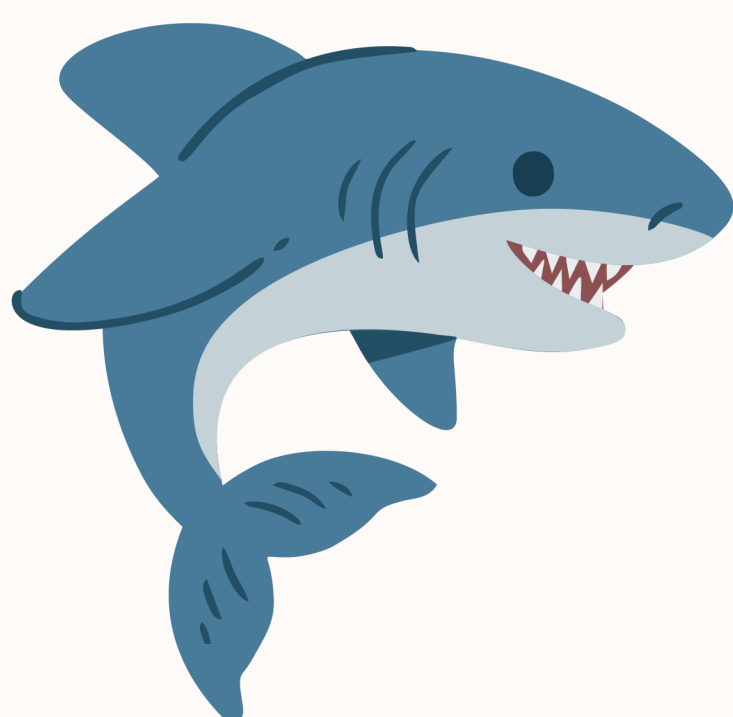HOMEWORK

MOVE YOUR BODY

EYE BREAK
EVERY 20 MINUTES

PACK UP
YOUR TOYS