

FAMILY DAILY SCHEDULE

Resility
HEALTH

A BETTER WAY TO MANAGE STRESS

8-9 AM	FREE TIME	FREE TIME - NO SCREENS		
9-10 AM	BREAKFAST, GET DRESSED, GO OUTSIDE	TAKE A WALK, YOGA, GET SOME FRESH AIR		
10-11:30 AM	ACADEMIC TIME	COMPLETE SCHOOL WORK OR OTHER LEARNING EXPERIENCES		
11:30 - 12:15 PM	CREATIVE TIME	LEGOS, DRAW, CRAFT, MUSIC, COOK, BAKE		
12:15-1 PM	LUNCH	HELP PREPARE LUNCH		
1-1:30 PM	CHORE TIME	FOLD LAUNDRY, TIDY WORKSPACE		
1:30 - 2 PM	QUIET TIME	READING, PUZZLES, REST		
2 - 4 PM	ACADEMIC TIME	COMPLETE SCHOOL WORK OR OTHER LEARNING EXPERIENCES		
4 - 5 PM	AFTERNOON FRESH AIR	PLAY OUTSIDE OR IF RAINING INDOOR EXERCISE		
5 -6 PM	FREE TIME	SCREENS OKAY		
6 - 7PM	DINNER	HELP MAKE DINNER		
7 - 8:15 PM	FREE TV TIME	PLUS SHOWERS		
8:15 - 8:30 PM	SELF-CARE TIME	MEDITATE, STRETCH, PRACTICE MINDFULNESS OR GRATITUDE, JOURNAL		
8:30 PM	BED TIME	ALL KIDS		
9:30 PM	BED TIME	KIDS WHO FOLLOWED THE SCHEDULE, DIDNT FIGHT AND DIDN'T COMPLAIN		