

# Thursday

TIME	EVENT	WHY?	IDEAS
7:00	ME TIME	This gives you time to catch up on daily news without kids listening. You get some quiet time to start your day	<ul style="list-style-type: none"><li>- Watch the news</li><li>- Take a shower</li><li>- Sit with your own emotions</li></ul>
8:00	WAKE KIDS	Regular routines help kids feel safe.	<ul style="list-style-type: none"><li>- Set an alarm for them</li><li>- Older kids can set their own alarm</li></ul>
8:30	BREAKFAST	Regular mealtimes reduces "grazing" & encouraging a healthy diet. Children can help make grocery lists. More involvement makes them more inclined to eat healthy.	<ul style="list-style-type: none"><li>- <a href="#">AHS Wake up to Breakfast Every Day</a></li><li>- <a href="#">AHS Nutrition &amp; Recipes</a></li></ul>
9:00	CHORES (Bedrooms)	A housework routine helps reduce stress. Kids can help too! It helps them learn responsibility & life skills (see Age Appropriate Chores)	<ul style="list-style-type: none"><li>- Play music while you work</li><li>- <a href="#">Printable Weekly Cleaning Schedule</a></li><li>- <a href="#">Weekly Home Cleaning Routine</a></li></ul>
9:30	ACTIVITY & MOVEMENT	Plan a regular time to MOVE! Being stuck in the house all day means your body might not be getting the exercise it needs. It also gives kids the chance to get their wiggles out.	<ul style="list-style-type: none"><li>- Hop Scotch (CHALK for outside, write on PAPER for inside)</li><li>- Walk outside (play <a href="#">Sound Effect</a>)</li><li>- Yoga &amp; Fitness (<a href="#">Dance Workout</a>)</li></ul>
10:30	SNACK	Get kids to help wash, cut, & serve snack	<ul style="list-style-type: none"><li>- <a href="#">AHS Nutrition &amp; Recipes</a></li><li>- Meat, cheese &amp; crackers</li></ul>
11:00	READING	Have some quiet reading time for 15-30 mins, (depending on the age of your kids). You can then read aloud together. This is good for building language and reading skills in children.	Set up a chart. Have each family member pick a book to read aloud. Take turns picking and reading books daily.
12:00	LUNCH	Kids can help set tables, prepare, and serve lunch.	<ul style="list-style-type: none"><li>- <a href="#">AHS Nutrition &amp; Recipes</a></li><li>- <a href="#">Mini Pizzas</a></li></ul>
1:00	NAP/ QUIET TIME	This is for ALL ages. Set a timer for 30-60 minutes. Older kids can play quietly in their rooms (lego, reading, dolls, etc.). This will help everyone get a better night sleep.	<ul style="list-style-type: none"><li>- Set clear expectations.</li><li>- Congratulate everyone when times up</li><li>- it may take time to build up to 30 mins, every day will get easier!</li></ul>
2:00	PLAYTIME	Kids should be encouraged to play together, without you. Set your kids up with an activity. Let them know your expectations & rule for play. Check in and comment on good things you see: (playing quietly together), then kids know you're close & gives them needed attention.	<ul style="list-style-type: none"><li>- Centres (Talk Box: <a href="#">0-6 Centres</a>, <a href="#">School Age Games</a>)</li><li>- Paint a window! (see below)</li><li>- State rules in positive way: "everyone gets a turn"</li></ul>

3:00	SCREENS/ LEARNING	Giving your kids a set amount of time each day on electronics can help you control how much screen time they get. This time also gives you a well-deserved break in the afternoon to catch up on tasks or take time for yourself.	- <a href="#">Google Arts &amp; Culture Museum Tours</a> - <a href="#">The Hidden World of National Parks</a> - TV, Movie, Online Activities - Video Chat with a family member or friend  <a href="#">*Screen Time Recommendations*</a>
4:30	DINNER & PREP	Children can help with dinner prep with supervision.	-Setting the table -Washing food
6:00	FAMILY TIME	It is important to spend time together as a family. This helps reduce stress and build connections between family members.	- Do a puzzle - Make your favourite dessert together - Read a story
	CHECK IN	Have a regular time for an emotional check in with your children and parenting partner.	- Talking to your children about feelings & the Coronavirus  - Try to have one-on-one
	BEDTIME	Having a regular bedtime routine promotes healthy sleep for all ages	- Create a bedtime routine - <a href="#">8 Sleep Tips for Every Child</a> - <a href="#">Smiling Minds</a> has sleep meditations

## PAINT A WINDOW!

### YOU'LL NEED...

- WASHABLE PAINT ([DIY RECIPE HERE](#))
- PAINTERS TAPE (THE GREEN STUFF!)
- PAINT BRUSH/FINGERS (OPTIONAL)
- A WINDOW
- SMOCK/GARBAGE BAG (TO COVER CLOTHES AND THE FLOOR)

### INSTRUCTIONS:

1. USING TAPE, MAKE A DESIGN ON THE WINDOW. THIS COULD BE ANY SHAPES. (OPTIONAL - KIDS CAN ALSO PAINT ON WITHOUT A DESIGN)
2. PUT A SMOCK ON YOUR CHILD AND A GARBAGE BAG ON THE FLOOR FOR EASY CLEAN UP
3. GIVE YOUR CHILD THE PAINT
4. LET THEM DECORATE THE WINDOW HOWEVER THEY'D LIKE!

