

# Tuesday

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 (Laundry)	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>- <a href="#">GoNoodle</a></li> <li>- Walk outside (try playing Walk this Way *rules below*)</li> <li>- Fitness (<a href="#">Mommy &amp; Me Fitness 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>- Veggies &amp; Hummus/Dip</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.	<ul style="list-style-type: none"> <li>- Set up a chart. Have each family member pick a book to read aloud. Take turns picking and reading books daily.</li> </ul>
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>- Have an Indoor Picnic!</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>- Draw/colour (<a href="#">free colouring pages</a>)</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.	<u>STEM &amp; STEAM Activities</u> - <u>Storytime from Space</u> - TV, Movie, Online activities - Video Chat with a family member or friend <u>*Screen Time Recommendations*</u>
4:30	DINNER & PREP	Children can help with dinner prep with supervision.	-Setting the table -Washing food <u>AHS Nutrition &amp; Recipes</u>
6:00	FAMILY TIME	It is important to spend time together as a family. This helps reduce stress and build connections between family members.	- Play a board game together -Storytime (give each child a turn to pick 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 - <u>8 Sleep Tips for Every Child</u> <del>- Smiling Minds</del> has sleep meditations

## WALK THIS WAY

FLIP A COIN OR PICK A NUMBER TO SEE WHO WILL GO FIRST

THE LEADER THEN CHOOSES A WAY FOR EVERYONE TO WALK IN A SINGLE FILE LINE. YOU CAN SWITCH THINGS UP BY WALKING LIKE AN ANIMAL. HERE ARE SOME IDEAS TO START YOU OFF:

SKIP OR HOP

WALK LIKE A PENGUIN OR CHICKEN

SWIM LIKE A FISH OR SHARK

SET A TIMER ON YOUR PHONE TO CHANGE THE LEADER AND THE WAY TO WALK. HAVE FUN WITH THIS SILLY WAY TO GET YOUR EXERCISE. TIME WILL PASS QUICKLY AND IT WILL KEEP EVERYONE IN LINE (AND ENTERTAINED).



CHESTERMERE