

# STAY-AT-HOME BUCKET LIST

## FAMILY BONDING IDEAS

- |   |   |
|---|---|
| <input type="checkbox"/> Cooking Night            | <input type="checkbox"/> Formal Dinner Night          |
| <input type="checkbox"/> Yoga on Youtube          | <input type="checkbox"/> Create a Budget              |
| <input type="checkbox"/> Cards or Board Games     | <input type="checkbox"/> Do a Puzzle                  |
| <input type="checkbox"/> Livingroom Camping       | <input type="checkbox"/> Put on a Talent Show         |
| <input type="checkbox"/> Breakfast in Bed         | <input type="checkbox"/> Hide N Seek In The Dark      |
| <input type="checkbox"/> Fort Building            | <input type="checkbox"/> Nerf Gun or Squirt Gun Fight |
| <input type="checkbox"/> Cooking Class            | <input type="checkbox"/> Stargazing                   |
| <input type="checkbox"/> Tea Party                | <input type="checkbox"/> Bike riding                  |
| <input type="checkbox"/> Movie Night              | <input type="checkbox"/> Sock Puppet Show             |
| <input type="checkbox"/> Write Letters to Friends | <input type="checkbox"/> Make Indoor Family Videos    |
| <input type="checkbox"/> Craft Time               |   |
| <input type="checkbox"/> Paint Kindness Rocks     |   |
| <input type="checkbox"/> Clean out the Closets    |   |
| <input type="checkbox"/> Go for a Walk            |   |
| <input type="checkbox"/> Dance Party              |   |
| <input type="checkbox"/> Lego Building            |   |
| <input type="checkbox"/> Read Stories             |   |
| <input type="checkbox"/> No Rules Night           |   |
| <input type="checkbox"/> Call Loved Ones          |   |
| <input type="checkbox"/> Make Sure Own Pizzas     |   |

## CREATE YOUR OWN IDEAS

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You Might Love...

**THE BEST 40 BOARD GAMES FOR KIDS**

**15 MINDFULNESS ACTIVITIES YOUR KIDS WILL LOVE**

CLICK ME



# OUR DAILY SCHEDULE

## WAKE UP TIME

Before 9 a.m

Breakfast, make beds, get dressed, brush teeth and clean up after breakfast



## OUTDOOR TIME

9:00 to 10:00

Morning walk or outdoor time



## SNACK TIME

10:00 to 10:15

Snack time!



## LEARNING TIME

10:15 to 11:15

Academic time

## CREATIVE TIME!

11:15 to 12:00

Lego, drawing, painting, dancing, crafts



## LUNCH/CHORES

12:00 TO 1:00

Lunch, clean up and disinfect of all counters, table, chairs, door and cabinet handles, and washroom facets

## LEARNING TIME

1:00 to 3:00

Reading, math, electronic learning apps, mindfulness exercises



## OUTDOOR TIME

3:00 TO 4:00

Quick snack then outdoor play



## FREE TIME

4:00 to 5:00

Screen time, art's, crafts - relax!



## DINNER TIME

5:00 to 6:00

Family time. Be sure to ask questions and talk



## FAMILY BONDING

6:00 TO HALF HOUR BEFORE BEDTIME

T.V time, game time, more outdoor time, general family bonding



## BEDTIME ROUTINE

30 MINUTES BEFORE BEDTIME

Bath, teeth, pajamas, cuddle time, and stories. [Click here for how to create an awesome bed-time routine for kids](#)



# MY GOAL SHEET

## 1. ONE FUN THING I WANT TO DO TODAY

*You could build a fort, play outside, have a talent show, watch a movie...*

## 2. ONE LEARNING ACTIVITY I WANT TO DO TODAY.

*Do you want to improve your math skills, read a book, learn about Science?*

## 3. ONE KINDNESS ACTIVITY I WILL DO TODAY

*Choose from the options below.*

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Write a letter            | <input type="checkbox"/> Give a compliment          | <input type="checkbox"/> Tell a joke                        |
| <input type="checkbox"/> Call a relative           | <input type="checkbox"/> Share                      | <input type="checkbox"/> Draw a picture for someone         |
| <input type="checkbox"/> Say something positive    | <input type="checkbox"/> Tell someone you love them | <input type="checkbox"/> Name 5 things you are thankful for |
| <input type="checkbox"/> Help out around the house | <input type="checkbox"/> Water plants               | <input type="checkbox"/> Smile                              |

## 4. NAME SOMETHING GREAT ABOUT TODAY...