

STAY-AT-HOME BUCKET LIST

FAMILY BONDING IDEAS

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

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.

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|--|---|---|
| <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...