

Quarantining with Kids

ORGANIZED SCHEDULE

www.rachelamyowens.com
@rachelamyowens

Daily

7-8am

WAKE UP ROUTINE
(Brush Teeth, Pray, etc.)

8-9am

BREAKFAST

9-11am

SCHOOL LESSONS
& LEARNING

11am

FREE TIME/SNACK

11:30am-1pm

NAP/QUIET TIME

1pm

LUNCH/
SCREENTIME

2-3pm

READING/WORDPLAY

3-5pm

PLAYTIME/
OUTDOORS/SNACK

5pm

BATHTIME

6pm

DINNER

6:30-7:30pm

FREETIME/
SCREENTIME

7:30-8pm

BEDTIME ROUTINE
(Stories, Parent time,
Prayer, etc.)

8pm

BEDTIME

Weekly

MAKE-IT MONDAY

Arts & Crafts/
Building/Painting

TAKE A TRIP TUESDAY

Take a walk + Collect Treasures,
Indoor Scavenger Hunt

WATER/WACKY WEDNESDAY

Water play, Dress up,
Dance Party

THINKING-CAP THURSDAY

Science Experiments, Puzzles,
Word Search, Brain games

FAVORITES FRIDAY

Kid's Choice for favorite activity

SIMPLE SATURDAY

Watch Movies, Relax, Lots of
Chill Time, Coloring, Board
Games

SINGING SUNDAY

Karaoke, Singing Contests,
Creating songs on Garageband

Cleaning

Mondays

DEEP CLEAN
BATHROOMS

Tuesdays

DUST/DECLUTTER
LIVING + DINING SPACES

Wednesdays

DEEP CLEAN KITCHEN

Thursdays

CLEAN OUT OLD MAIL/
CRAFT PROJECTS/
CLOTHING

Fridays

LAUNDRY

Saturdays

TIDY UP BEDROOMS
DEEP CLEAN/MOP
FLOORS

Sundays

TAKE IT EASY SUNDAYS-
BREAK DAY

Daily

SWEEP/DUST/QUICK
DECLUTTER/WIPE DOWN
COUNTERS

FOOD IDEAS

BREAKFAST

Oatmeal
Banana Pancakes/Waffles
Eggs & Cheese
Fruit + Veggie Smoothie

LUNCH

Cheese/Black Bean Quesadilla
Grilled Cheese
Fruit + Veggie Muffins
Meatballs + Gravy

DINNER

Bun-less Burgers
Lentils/Rice + Gravy
Chicken Nuggets
Roasted Veggie Straws

SNACK

Apples +
Almond Butter
Oranges
Crackers + Cheese