


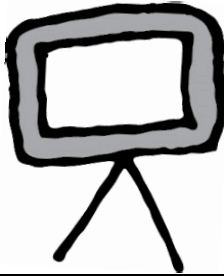







Flexible Covid routine for children:

During this time of uncertainty, it is important that we provide some structure for ourselves and our children. Here are some options for your family to implement; which can change daily. Cut out these cards and ask your children to help decorate. For younger children, add images to help them be able to understand and refer to the schedule throughout the day.

All that is required is a daily “huddle” where family members come together to determine the next days schedule. Often it works to do so after dinner. Each child can pick 1-2 activities to add to the schedule, which gives them a needed sense of control. It also gives parents more clear structure to implement during the day. You will find that even with this structure, you won’t (and shouldn’t) stick to it too concretely. Don’t forget to allow the day to flex as you enter into each new task. Set times that each task is set to begin but be flexible with its implementation time if you find that the children are pleasantly immersed in their current task.

Tea Party 	Bake/Cook 	Boardgames 
Facetime friends/Family 	On-line Learning 	Art 
Reading 	Deep Clean 	Writing 

Plan Future Vacations 	Rest Time 	Mindfulness 
Exercise 	Science Experiments 	Karaoke 
Nerf Blaster Fight 	Music 	Showtime 
Sports 	Dance Party 	Build a Garden 

Hike



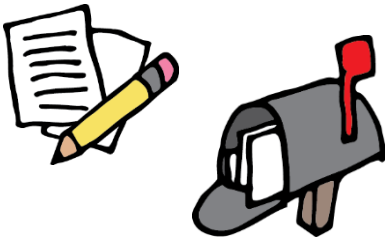
Play outside



Wrestle



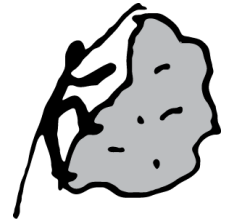
**Make pictures
and mail to
friends/family**



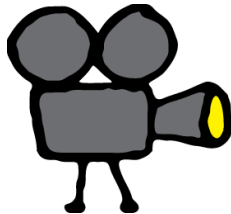
**Make a
board game**



**Obstacle
courses**



**Make a
movie**



Bubbles

