

April Calendar Ideas	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am	take turns making breakfast	breakfast and daily stretching https://www.youtube.com/watch?v=L_A_HjHZxfI	breakfast and daily stretching /yoga	breakfast and daily stretching /yoga	breakfast and daily stretching /yoga	breakfast and daily stretching /yoga	breakfast and daily stretching /yoga
9-10am	read a story -take turns reading the pages	Reading time (support videos on facebook or call Ms Jordan)	Reading time * if you have multiple school "agers" at the house it may help if everyone has a different online schedule so as not to overload the WiFi	reading time	reading time	reading time	pick a person to interview (family member at home or over the phone)
10-11am	walk around every room different ways *exercise (like a robot, cowboy, model etc...)	Math time (tutor times available but Ms Jordan will ALWAYS be available	Math time *look for videos to help with math	math time	math time	math time	outside time? STAY SAFE , walk around the block
11-12pm	learn a card game/dice (*make your own cards with 52 and cardboard)	Check VGPS websites and emails for updates	gonoodle brain break	Check VGPS websites and emails for updates	brain break / stretching or play time	Check VGPS websites and emails for updates	check in on friends and family 'out there' by calling or writing a letter
12-1pm	lunch and clean up	take turns making and cleaning lunch	take turns making and cleaning lunch (rock paper scissors)	take turns making and cleaning lunch (rock paper scissors)	take turns making and cleaning lunch (rock paper scissors)	take turns making and cleaning lunch (rock paper scissors)	play a game to see who gets to choose what's for lunch (and who cleans)
1-2pm	practice breathing (*sit quite as a whole family and just breath for a while, just relaxing and being in the moment try to increase this quiet time each day EVENTUALLY using the whole hour for quiet reflection)	play or learn a new game (not on a screen challenge)	craft time (I sent home crayons and markers before break!)	learn a new game	create and instrument, build something	game time	creative time
2-3pm	movie or story time?	Writing time (I'm here to help)	Writing time	writing time	writing time	writing time	quiet time (everyone in their own space for a while- their choice just everyone entertains themselves this hour)
3-4pm	take turns choosing activities to do	daily chores / choose a room to clean from top to bottom	daily chores (go through old toys)	daily chores) try on clothes refold and straighten drawers	daily chores (pick a room to focus on)	chore time (put chores on a list and do them in a funny way" singing ABC the whole time, use	daily chores - everyone pick a quick clean up chore and do it in a funny way" be creative
4-5pm	look up meals for the week and create a shopping list	dinner ideas and quick game to see who makes and who cleans	dinner ideas and quick game to see who makes and who cleans	dinner ideas and quick game to see who makes and who cleans	dinner ideas and quick game to see who makes and who cleans	dinner ideas and quick game to see who makes and who cleans	left over day everyone pick something to finish
5-6pm	cook/eat/clean dinner	dinner prep/eat/clean/relax	dinner prep/eat/clean/relax	dinner prep/eat/clean/relax	dinner prep/eat/clean/relax	dinner prep/eat/clean/relax	game time loser(s) clean up dinner
6-7pm	cook/eat/clean dinner	dinner prep/eat/clean	dinner prep/eat/clean	dinner prep/eat/clean	dinner prep/eat/clean	dinner prep/eat/clean	walk (inside or out just move a little)
7-8pm	family game or story *screens should be shut off the last two hours of the family reflection time - love and support each other ; share thoughts and feelings	yoga or breathing time - slowing down from the day	wind down time -	listen to music (share your childhood favorites)	breathing break	cold down time	cold down time
8-9pm		bedtime stories	bedtime stories	bedtime stories	bedtime stories	bedtime stories	bedtime stories
ideas and support							
	yoga breathing	https://www.youtube.com/watch?v=9tOJZQhO_Uw			kitchen- microwave, stove rings/pans, under oven, baseboards, cubboards fronts, clean out drawers, match tubware,		
			Recipes for kids to make (it's ALWAYS okay to substitute , it doesn't have to be fancy)	https://www.bbcgoodfood.com/recipes/collection/kids-cooking	bathrooms- baseboards, around toilet, under sink, floors, dust,		

dinner maker uses ingredients you already have cut page	shorturl.at/bqsY4			bedrooms- garbage, old toys, try on clothes, vacuum/sweep		
		yoga for kids	https://www.youtube.com/watch?v=X655B4jSakg	living room- dust, blinds, fans, floors, baseboards, declutter,		
stories online (read by actors/actresses)	https://www.storylineonline.net/					
		meal ideas	https://www.foodnetwork.ca/everyday-cooking/blog/weekly-meal-plan-ideas/			
GoNoodle (brain breaks)	https://www.gonoodle.com/					
		create an instrument	https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make			
VGPA youTube	https://www.youtube.com/channel/UCPiXqfncgzhL8Xu3Pi1Vqtg					
		games to play at home	https://icebreakerideas.com/fun-games-to-play-at-home/			
Mobymax (all subject fun!)	https://www.mobymax.com/signin					
		scootpad	https://www.scootpad.com/signin			
PearsonRealize (math help)	https://www.pearsonrealize.com/index.html#/					
Typing Club	https://www.typingclub.com/					
chore ideas: basics (bathrooms, floors, laundry), baseboards, fans, filters, windows, dusting, try on old clothes, go through old toys, update old picture frames * or fill the news ones from Christmas Ms Jordani! Go through junk drawers, organize closets,						