



# OUR FAMILY FLOW



	MON	TUES	WED	THURS	FRI	SAT	SUN
Theme	Creativity	Being Healthy	Puzzles	Kindness	Being Active	Freedom	Nature
B R E A K F A S T							
Morning boost	Happy Resilient Kids FB Live	Happy Resilient Kids FB Live	Happy Resilient Kids FB Live	Happy Resilient Kids FB Live	Happy Resilient Kids FB Live	Karaoke	Sing and dance
Movement time	Put on a show for your family	Kids yoga	Obstacle course	Random act of kindness	Circuits	Play outside	Go for a walk
Focus time	Learning activities	Learning activities	Learning activities	Learning activities	Learning activities	Affirmations Wordsearch	Affirmations Card games
Messy time	Paint a picture	Make a food face for lunch	Primary colour paint mixing	Wash the dishes	Art painting with your feet	Make a sculpture	Collage from items collected on walk
L U N C H							
Quiet time	Create a positive time out space	Write in your journal	Do a puzzle	Tidy up your room	Write a story	Colour in a mandala	Draw images you see in the clouds
Play time	Build a fort	Plant some indoor herbs	Online games	Play your favourite game	Building blocks Lego	Dance party	Make a bird feeder
D I N N E R							
Family time	Bake and decorate a cake	Bake a healthy treat	Board games	Write a letter of gratitude	Relay races	Watch a movie together	Watch a documentary
Bed time	BATH . READING . AFFIRMATIONS . SNUGGLES						



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B R E A K F A S T

Morning boost

Happy Resilient  
Kids FB Live

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Movement time

Focus time

Messy time

L U N C H

Quiet time

Play time

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Family time

Bed time

BATH . READING . AFFIRMATIONS . SNUGGLES