

WEEKLY SCHEDULE

Faithful
to
Nature
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for tweens

08:30
wake up

- Wake up slowly: Implement a morning practice like reading, stretching, colouring/drawing or even some kids wake-up yoga.
- Eat breakfast: Pick something that requires a little bit of prep, like toast with peanut butter, cheese or jam. Let your kids be involved in making it.
- Shower, get dressed and be ready for the day. Your kids are home and can wear whatever they want; treat this as something fun and give every day a new dress-up theme. Let them get creative!

09:30
fresh air

- If the weather is good, encourage them to play outside. Suggest kiddies yoga in the garden, riding a bike, and playing with toys on the grass. If it's a nice and sunny day you could extend their playtime to an hour.
- If the weather isn't great – put on an interactive or kids exercise video that encourages them to be physical. Bring the idea of the outdoors in. If you don't have anything on hand – YouTube is an incredible resource for short videos.

10:00
chores

- Have a pre-made list ready for them to wash dishes, sweep the stoep, vacuum the TV room, and water the plants; we know the drill. Work your way through the house over the week, with something that takes 30 minutes each time.

10:30
brain boosts

- A day can't go by without flexing the brain muscle. Start with school assigned homework – any projects that need completing by end of Easter.
- Get the kids to do some reading about history around this time over the years and get them to put together a report.
- What are your teenagers into? Cooking? Extreme sports? Horse riding? Allow them to delve deeper into these much-loved projects and create a report on this.

12:00
lunch

- Well done, you've made it to lunch unscathed. Make a healthy lunch, and let them clean up after themselves.

12:30
talent deep-dive

- Is there one thing that your kid is starting to learn? The piano or flute, soccer, writing in cursive, playing chess, drawing, painting or perhaps writing stories? If you don't have one - now is the time to start.

13:30
more brain boosts

- Make school assignments the priority.
- Guide your kids with practical tasks in life. Do your kids know how to make their beds, do laundry and tie their shoelaces? Have they ever planted seeds or grow beans in cotton wool? When last did they make bowls with kids' clay, or squeezed oranges for making juice? It's time to have some fun while gaining a skill or two.

15:00
free time

- This is their time for watching TV, video games or playing outside.

15:30
more fresh air

- Another outdoor activity! If you can take a walk with your kid in your neighbourhood then a quick stroll is a great idea.
- If not, repeat the activities from earlier in the day. Again, if the weather isn't great, try to recreate an outdoor activity indoors, to get the blood pumping and natural levels of serotonin up.

16:30
reading

- A good book is a must - for everyone. Make sure your child has got something incredible to read that brings them infinite joy. The right book can keep anyone going for hours.

17:00
dinner time

- Make a meal together, or just get your teen to come to hang with you while you pull together you're latest culinary masterpiece.
- It's time to clean up! Make it a game.

18:00
family time

- A board game? A puzzle? A TV show you're all watching together? Change it up every night, but do something that gets you spending at least an hour a day together.

19:00
more free time

- This is everyone's time to use as they please.

21:00
bedtime

- Get ready for bed: Incorporate meditation, journaling or reading into their routine.

great tip!

Print this schedule
and stick it to your fridge
for you and your family to see!