

# WEEKLY SCHEDULE

Faithful  
to  
Nature  
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*for teenagers*

**08:30**  
*wake up*

- Wake up slowly: Implement a morning practice like reading, journaling, stretching, drawing or even some wake-up yoga.
- Eat breakfast: Pick something that requires a little bit of prep – honey, oats, almond milk, or french toast with freshly cut fruit – and get them to make it for themselves. If it means removing cereal from the kitchen cupboard, then that's what you gotta do.
- Shower, get dressed and be ready for the day.

**09:30**  
*fresh air*

- If the weather is good, encourage them to do anything outside: yoga in the garden, bike riding, or gym exercises with weights. If it's a great day outside, you could extend this activity to an hour.
- If the weather isn't great – put on an exercise video that encourages them to be physical indoors. If you don't have any 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.
- 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 teenager has been working on? Has your teenager recently discovered the joy of playing the guitar, violin, soccer, chess, painting, creative writing or illustrating? Now is the time to focus on that skill!

**13:30**  
*more brain boosts*

- Make school assignments the priority.
- Guide your kids with practical tasks in life, like changing a tire, creating a budget, planning an event, catering for a large group of people (sourcing suppliers and budgets), doing taxes (sob), learning to drive, researching investing, property purchasing, complex cooking or baking ... what a list!

**15:00**  
*free time*

- This is their time – Netflix and chill, video games, chatting on the phone (via data-calling of course) or Whatsapping friends, Instagram and Facebook scrolling, reading etc.

**15:30**  
*more fresh air*

- Another outdoor activity! If your child is able to run in your neighborhood then a quick 5km run or walk could do it.
- 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 your 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.

*nice idea!*

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