



Schools are closed. Now What?

Many children are celebrating, dreaming of days of sleeping late, playing video games, and watching television. That may be the easy way to go for a few days, but after a few days your kids are likely to get bored, antsy, and hyper- possibly even irritable or angry. We want to help you avoid this.

We know it takes work, but keeping kids on a schedule will pay off over the next few weeks. Together with your kids, create a schedule of things they will do every day (i.e., sleep, eat, shower), and also schedule fun activities, exercise, and a few chores.

What can I schedule?

ROUTINE



- Wake up time
- Bed time
- Meal Time
- Time for specific chores
- Homework time

FAMILY TIME



- Cook a meal together
- Spend 1:1 time together
- Do a family project
- Call friends or relatives on the phone

PERSONAL CARE



- Baths and showers
- Teeth Brushing
- Flossing

EXERCISE



- Time to take a walk
- Have a dance party
- Find an exercise video on-line and exercise

PLAY TIME



- Time to read
- Family game time
- Yes, you can schedule TV and video game time too!

SHARE WITH OTHERS



- Make a video about how your family is staying busy, helping neighbors, or staying safe. Post it on social media!