

Love First Daily Plan



Before 9 am.	PREPARE	Eat breakfast, get dressed, brush teeth. Review the day and plan.
9:00-10:00	ENERGIZE	Spend some time outdoors. Take a walk, play tag, jump rope, build a fort, play ball.
10:00-11:00	CREATE	Draw, build, play music, bake, Origami, make crafts to deliver to isolated neighbors. How To drawing videos , our Pinterest boards
11:00-noon	LEARN	Word searches, reading, writing stories, journaling.
12:00-12:30	PROTECT	Wipe down surfaces, launder hand towels, refill soap dispensers, wash clothes, clean bathrooms.
12:30-1:00	NOURISH	
1:00-2:00	PLAY	Rediscover some of your forgotten toys, games, craft supplies.
2:00-2:30	CONNECT	Check in with at-risk or isolated neighbors, or friends and family. If you need to make deliveries, put it on the schedule.
2:30-3:00	REST	Get horizontal. Read, relax, listen to music with your eyes closed. Day dream. Nap.
3:00-4:00	LEARN	Instruction from school, Sudoku, or our favorite math apps: xtra math, Khan Academy, Komodo Math. Sudoku worksheets .
4:00-5:30	PLAY	Get outside, ride bikes, play ball, garden. Our favorite indoor activity: Go Noodle and Zumba with Henry!
5:30-6:00	NOURISH	
6:00-8:00	ENJOY	Play board games, charades, watch a movie together, look at old photos. Breathe deep and be grateful for one another.
8:00	CLOSE	Bedtime routine. Check in with your kids. (If you don't have a nighttime prayer ritual, now is a great time to start.)

Print a new schedule every day and fill in your plan.