

Single Parent Survival Guide - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent Self-Care	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
Breakfast 8:30am-9am	Discussion question: What is one thing you would like to do/accomplish this week?	Discussion question: What is your favorite breakfast food?	Discussion question: What would you do if you had a million dollars?	Discussion question: Would you rather go without television or junk food for the rest of your life? Mindfulness Activity: Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.	Discussion question: If you could make any food against the law, which one would it be?
Educational Time 9am-9:45am	Material provided by your school district (OKCPS, enjoy your last “official week of school”!)				

<p>Art & Music 10am-11am</p>	<p>Art: Use a toilet paper roll, beads, clear plastic, and other materials to make a kaleidoscope. See an example here: https://www.darcyandbrian.com/fun-kaleidoscope-kids-craft/</p> <p>Music: Bounce or toss a ball to the beat of a favorite song, alone or with another person.</p>	<p>Art: Try making your own homemade playdough! All you need is flour, salt, water, oil, and food coloring! https://www.pinterest.com/pin/352054895875018649/</p> <p>Music: Fill 3 glasses with different levels of water. Tap with a pencil. Can you play "Hot Cross Buns"?</p>	<p>Art: Paint with tissue paper! Get a thicker piece of paper and arrange squares of tissue paper on it. Use a spray bottle or paintbrush to spread water over the tissue paper squares. Let it dry and the tissue paper will fall off leaving behind a beautiful painting!</p> <p>Music: Draw musical notes on rocks with a marker. Arrange into patterns.</p>	<p>Art: Rock art! Decorate rocks with paint, sharpies, markers, whatever you have! When they are dry, take a walk to leave them as surprises for others around your neighborhood.</p> <p>Music: Use objects that make sound (found sounds) and add those sounds to a story.</p>	<p>Art: Make sidewalk paint using 1 cup cornstarch, 1 cup water, and food coloring! Combine and start decorating your driveway or sidewalk with your paint and paintbrush!</p> <p>Music: See how many words you can spell using only the letters of the musical alphabet (A,B,C,D,E,F,G)</p>
<p>Screen Time 11am-11:30am</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: pbskids.org, funbrain.com, scratch.mit.edu, https://kids.nationalgeographic.com/, turtlediary.com</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: pbskids.org, funbrain.com, scratch.mit.edu, https://kids.nationalgeographic.com/, turtlediary.com</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: pbskids.org, funbrain.com, scratch.mit.edu, https://kids.nationalgeographic.com/, turtlediary.com</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: pbskids.org, funbrain.com, scratch.mit.edu, https://kids.nationalgeographic.com/, turtlediary.com</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: pbskids.org, funbrain.com, scratch.mit.edu, https://kids.nationalgeographic.com/, turtlediary.com</p>
<p>Lunch 11:30am-12:30pm</p>	<p>Have your child(ren) help prepare lunch by measuring ingredients.</p>	<p>Have your child(ren) help prepare lunch by cutting sandwiches into different shapes.</p> <p>Mindfulness Activity: While eating, make an effort</p>	<p>Have your child(ren) sort their fruit snacks by color or size.</p>	<p>Have your child(ren) practice counting or addition/subtraction with their food.</p>	<p>Discuss with your child why vegetables and fruits are important to eat and why they should limit candy and other items.</p>

		to slow down, take smaller bites, and focus on each piece of food you eat.			
Quiet Time 12:30pm-1:30pm	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional screen time.	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional screen time.	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional screen time. Mindfulness Activity: Muscle relaxation helps to calm the body and is especially good to use before resting or bedtime. 1. Starting at the feet, gently squeeze the muscles in the feet by tightening them and then slowly releasing. 2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. 3. Continue moving up the body for more relaxation.	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional screen time.	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional screen time.
Physical Time 1:30pm-2:30pm	Go for a walk around your neighborhood and leave happy chalk messages for others along your way. Mindfulness Activity: Ask your	Create an obstacle course inside your house or backyard.	Pick your favorite music and have a family dance off!	Go for a bike ride or pick your favorite sport (basketball, soccer, frisbee) and play together outside!	Do a little yard work together (pull weeds, tend your garden, plant a flower garden) or help a neighbor with theirs! Mindfulness

	<p>child to stand up and either jump up and down or do jumping jacks for one minute. At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels. Tuning into the physical body is a wonderful way to redirect the focus when frustrated.</p>				<p>Activity: Grasp your hands tightly and hold for 5-10 seconds. Then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.</p>
<p>Educational Time 2:45pm-3:30pm</p>	<p>Finish material from teacher/district. If child(ren) have finished the assigned materials, have them write in a journal, practice basic math facts, etc.</p>				
<p>Family Time 3:30pm-4:30pm</p>	<p>Play a board game together!</p>	<p>Write letters or make cards for family members or friends you haven't seen in awhile.</p>	<p>Complete a house project together like going through clothes, toys, closets, etc. This is a great way to give back to others!</p>	<p>Have old boxes? Create "cars" for a drive-in theater or build a box fort!</p>	<p>Time to relax - watch a favorite TV show together!</p>
<p>Question of the Day Anytime 5-8pm</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What was the best part of your day?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: Do you think math [or any subject] is too easy or too hard?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: Can you tell me an example of kindness you saw/showed?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What was your least favorite part of the day?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p>Question: What is something that challenged you this week?</p>

Bedtime

3-6 years: 6-8pm

7-12 years: 7:30-9pm

Teenagers: 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)

Weekend Suggestions:

Have a backyard campout

Board game tournament

Create a treasure hunt

Bake together

Film TikToks together

FaceTime/Zoom other family members/friends

Do some spring cleaning/organizing

Play cards (Go Fish, War, Old Maid, Uno, Rummy, etc.)

Write thank you letters/cards for community heroes (police officers, firemen and women, doctors, nurses, etc.)

Take a road trip where you don't get out of the car. Play road games along the way!

COVID Resources:

[Easy to make, no sew masks](#)

[Special Sesame Street episode about coronavirus for kids](#)

[Scholastic Resources for PreK-12th grade](#)

[BrainPop Video about coronavirus for kids](#)

Mindfulness Resources:

[Mindfulness \(for Kids\) - Nemours KidsHealth](#)

[Kids Explain Mindfulness Video](#)