

Week 10 - Roadtrip USA/Fourth of July					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Parent Self-Care</b>	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.
<b>Breakfast 8:30am-9am</b>	<b>Discussion Question:</b> What did you dream about last night?	<b>Discussion Question:</b> If you could only keep one thing, what would it be?	<b>Discussion Question:</b> If you had to live a week without internet, what would you do to keep yourself busy?	<b>Discussion Question:</b> How can you help someone today?	<b>Discussion Question:</b> If you had to give everyone in the family new names, what would they be?
<b>Educational Time 9am-9:45am</b>	<a href="#">Firecracker Slime (With images)</a>	<a href="#">Mint Fireworks   Science activities for kids</a>	<a href="#">DIY Marshmallow Shooters and Fun 4th of July Games</a>	<a href="#">Patriotic Mazes for Kids</a>	<a href="#">Patriotic Mad Libs</a>
<b>Art &amp; Music 10am-11am</b>	<p><b>Art:</b> <a href="#">Fireworks Template - Salt Painted Fireworks</a></p> <p><b>Music:</b> <b>Listening:</b> <a href="#">Ferde Grofé: Grand Canyon Suite</a></p> <p><b>Song:</b> <a href="#">Road Trip USA</a></p>	<p><b>Art:</b> <a href="#">Easy 4th of July Firework Craft (With images)</a></p> <p><b>Music:</b> <b>Listening:</b> <a href="#">Ferde Grofé: Grand Canyon Suite</a></p> <p><b>Songs:</b> <a href="#">Tour the States - Official Music Video</a></p>	<p><b>Art:</b> <a href="#">DIY Fourth of July Confetti Poppers</a></p> <p><b>Music:</b> <b>Listening:</b> <a href="#">Aaron Copland - Appalachian Spring (Orchestral suite)</a></p> <p><b>Songs:</b> <a href="#">Muppet Sing Along   Movin' Right Along   The Muppets</a></p>	<p><b>Art:</b> <a href="#">Patriotic Paper Plate Wind Catcher (With images)</a></p> <p><b>Music:</b> <b>Listening:</b> <a href="#">Aaron Copland - Appalachian Spring (Orchestral suite)</a></p> <p><b>Songs:</b> <a href="#">America to Me   Patriotic Song for Kids</a></p>	<p><b>Art:</b> <a href="#">Sparkle Bottles</a></p> <p><b>Music:</b> <b>Listening:</b> <a href="#">Aaron Copland: The Tender Land Suite (1949) [DDD]</a></p> <p><b>Songs:</b> <a href="#">USA Song   Learn Facts About the USA the Musical Way</a></p>

<p align="center"><b>Screen Time 11am-11:30am</b></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b> <a href="#">Symbols &amp; Monuments Archives</a></p> <p><a href="#">US National Landmarks Facts for Kids</a></p> <p><a href="#">National Landmarks: Memorials, landmarks, national symbols</a></p> <p><a href="#">The 50 States of America   US State Information</a></p> <p><a href="#">US states</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b> <a href="#">Symbols &amp; Monuments Archives</a></p> <p><a href="#">US National Landmarks Facts for Kids</a></p> <p><a href="#">National Landmarks: Memorials, landmarks, national symbols</a></p> <p><a href="#">The 50 States of America   US State Information</a></p> <p><a href="#">US states</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b> <a href="#">Symbols &amp; Monuments Archives</a></p> <p><a href="#">US National Landmarks Facts for Kids</a></p> <p><a href="#">National Landmarks: Memorials, landmarks, national symbols</a></p> <p><a href="#">The 50 States of America   US State Information</a></p> <p><a href="#">US states</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b> <a href="#">Symbols &amp; Monuments Archives</a></p> <p><a href="#">US National Landmarks Facts for Kids</a></p> <p><a href="#">National Landmarks: Memorials, landmarks, national symbols</a></p> <p><a href="#">The 50 States of America   US State Information</a></p> <p><a href="#">US states</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b> <a href="#">Symbols &amp; Monuments Archives</a></p> <p><a href="#">US National Landmarks Facts for Kids</a></p> <p><a href="#">National Landmarks: Memorials, landmarks, national symbols</a></p> <p><a href="#">The 50 States of America   US State Information</a></p> <p><a href="#">US states</a></p>
<p align="center"><b>Lunch 11:30am-12:30pm</b></p>	<p><a href="#">Patriotic Yogurt Bites</a></p>	<p><a href="#">Edible Flag and Craft Ideas for the 4th of July for Kids (With images)</a></p>	<p><a href="#">Red, White and Blue Cheesecake Salad</a></p>	<p><a href="#">Kid-Friendly 4th of July Punch Ideas</a></p>	<p><a href="#">Patriotic Oreo Cookies</a></p>
<p align="center"><b>Independent Time 12:30pm-1:30pm</b></p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>

<p><b>Physical Time</b> 1:30pm-2:30pm</p>	<p><a href="#">Pool Noodle Frisbee Race</a></p>	<p><a href="#">A Free Printable 4th of July Scavenger Hunt for Kids</a></p>	<p><a href="#">Flag Tag Relay {Flag Day Activity} (With images)</a></p>	<p><a href="#">Fourth of July Balloon Game - Patriotic Game for Kids</a></p>	<p><a href="#">Ring the flag! Fun Fourth of July game</a></p>
<p><b>Educational Time</b> 2:45pm-3:30pm</p>	<p>Learn about a different landmark in the United States each day!</p> <p>Lincoln Memorial - <a href="#">National Monuments: Fun Facts for kids about the Lincoln Memorial</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Learn about a different landmark in the United States each day!</p> <p>Golden Gate Bridge <a href="#">The Golden Gate Bridge for Kids: Famous Landmarks for Children</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Learn about a different landmark in the United States each day!</p> <p>Washington Monument <a href="#">The Washington Monument for Kids - Short History Lesson</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Learn about a different landmark in the United States each day!</p> <p>Mount Rushmore <a href="#">The History of Mount Rushmore for Kids: Famous Landmarks for Children</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>	<p>Learn about a different landmark in the United States each day!</p> <p>Statue of Liberty <a href="#">The Statue of Liberty for Kids: Famous World Landmarks for Children</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>
<p><b>Family Time</b> 3:30pm-4:30pm</p>	<p>Plan a road trip as a family (this doesn't have to be one you will actually take)! Each day this week work on a different portion of your trip. Start today by deciding which states you want to visit, the order you want to visit and how many days to stay in each state. Also decide the route you will take (practice those map skills!)</p>	<p>Spend today's family time researching and deciding what activities you want to do in each state. Discuss budget, cost, time spent, etc.</p>	<p>Use today's family time to figure out where you will eat and sleep! Will you camp and cook your own meals? Or will you stay in a hotel and try out local restaurants?</p>	<p>Look up fun facts about the state(s) you will visit! Are the famous for anything? What famous people are from there?</p>	<p>Finish up your road trip by making a pamphlet of your plan! Include pictures, facts, etc to convince people to go with you!</p>

<p><b>Question of the Day</b> 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><b>Question:</b> What is your favorite season of the year?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p><b>Question:</b> What is something beautiful you see almost every day?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p><b>Question:</b> What made you smile today?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p><b>Question:</b> What is something that you can teach others to do?</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you.</p> <p><b>Question:</b> What do you think your life will be like in the future?</p>
<p style="text-align: center;"><b>Bedtime</b>  <b>3-6 years:</b> 6-8pm  <b>7-12 years:</b> 7:30-9pm  <b>Teenagers:</b> 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)</p>					

**Weekend Suggestions:**

- [Celebrating Independence Day During the COVID 19 Pandemic \(with OKC metro information\)](#)
- [Fun Fourth of July Activities for the Whole Family](#)
- [4th of July Activities](#)
- [18 4th of July Activities for Kids - Things To Do for the Fourth of July](#)