

**Week 1: August 10-16**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Dinner</b>	<a href="#">Slow Cooker Mississippi Pot Roast</a>	Leftovers	<a href="#">Hamburger Casserole</a> (only 4 ingredients!)	Leftovers	<a href="#">Slow Cooker Cream Cheese Crack Chicken</a>	Leftovers	<a href="#">Ham &amp; Cheese Sliders</a>
<b>Family Discussion Question (Perfect for Dinnertime!)</b>	If we all lived in a zoo, what type of animals would we be?	If you had a pet dragon, what would you name it? What would you do together?	If you could be invisible for a day, what would you do?	What flavor of ice cream do you wish existed?	Tell me the best thing about your day.	If you had to live in a TV show for a week, what show would you pick?	What are you looking forward to this week?
<b>Family Activity</b>	Learn how to play <a href="#">Spoons</a> together.	Go for a walk around your neighborhood as a family.	Burn off dinner and any extra energy you have with a dance party!	Family story time. Let the kiddos pick out a book or two to read together. For older children, find a chapter book that you can read together nightly.	<a href="#">Pre-Made Treasure Hunt</a>	Movie night!	Mix things up and have dinner as a picnic in the living room!
<b>Kid Question of the Day</b> (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	How do you make someone happy?	What would you do if you swapped roles with your parent?	Draw a picture or describe what you think is the best vacation destination.	If you could make a new holiday, what would it be?	What is your favorite meal?	If you could paint your room any color, what would it be? How would you decorate it?	What is your favorite season and why?

**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)

**Parent Resources:**

- <https://www.metrofamilymagazine.com/> - a great resource for resources and activities happening in the OKC metro!
- <https://www.khanacademy.org/> - website with the mission to provide a free, world-class education for anyone, anywhere. They offer free videos and lessons covering a variety of subjects and grade levels. Wonderful resource for homework help, reviewing school content, etc.
- <https://www.funbrain.com/> - intended for K-8. Website includes games and stories read aloud; somewhat educational, but mostly just for fun.