

Week 2 - 8/17-23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Cheesy Ground Beef Pasta Skillet	French Dip Tortilla Roll Ups	3 Ingredient Ravioli Bake (AKA Lazy Lasagna)	Crock Pot Teriyaki Chicken	Popcorn Chicken Bacon Ranch Pasta Salad	Crock Pot Chicken & Gravy	Texas Toast Garlic Bread Pizza
Family Discussion Question	What was your favorite part of the day?	What should we (our family) do more of together?	What are some ways we could help people this week?	What would be your most favorite breakfast if you could have anything?	If you could make up some family rules, what would they be?	What's your favorite thing to do outside?	Which planet do you want to visit?
Family Activity	Joke night! Tell your favorite jokes (or use some of the ones here).	Gro through old family photos together!	Head outside when it cools off for a family game of tag!	No electronics night! Put away phones, computers, the television and spend some time together. Maybe pull out a board game!	Let your kids help plan out meals for the week and make the grocery list.	Family game night! Learn some new card games here .	Bake cookies or a sweet treat together. Try out Homemade Funfetti Cookies (from scratch) .
Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	Who is a person that you wish you saw more (friend, relative, etc.)?	What's one thing that you want to learn to do better (sport, instrument, etc.)?	If you had a robot, what would you make it do?	If you could be any age, how old would you be and why?	What job would you never want when you grow up?	If you were in charge of making up a new holiday, what would you create?	What are the three most important things in your life?

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 (homework help, educational, local OKC Metro, etc)

- <https://kids.usa.gov/parents/art-and-music/index.shtml> - The parenting section of kids.gov has a ton of resources for parents. You can learn about online safety, tips for teaching math to your child, reading tips and a lot more. This is a great directory of resources every parent should bookmark