

Week 3 - 8/23-30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Easy Weeknight Toasted Ravioli	Sweet Potato Hash With Bacon, Sausage, and Eggs	5 Minute Instant Pot Chili Mac Recipe	Homemade Low Sodium Sloppy Joes	Kid-Friendly Pasta Salad	Low Carb Beef And Broccoli Stir Fry	Vegetarian Zucchini Boats Recipe
Family Discussion Question	Who do you think is really successful? Why?	When do you feel misunderstood by grown-ups?	What's the best compliment you've ever received?	Do you know someone who is going through a hard time? How can you help them?	What product would you stockpile if you found out it wasn't going to be sold anymore?	Do you have any bad habits you wish you could break? What are they?	What is the hardest job in the world? Why?
Family Activity	Make family goals together like these ones: 37 Incredibly Easy Family Goals	Time for a little competition! Have a staring contest.	Make chalk art in the driveway.	Teach your kiddos one of these 40 old-fashioned skills: 40 Old-Fashioned Skills that Kids Need to Know Today!	Make a secret code and write messages to each other to decode.	Make ice cream sundaes!	Start a family piggy bank, save for a family trip or activity!
Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	Of all the things you're learning, what do you think will be most useful as an adult?	Do you think it's better to have one great skill you're an A+ at or many skills you're a C at?	What's the best invention you've seen most recently and what do you like about it?	What's a hobby that you don't currently do and what's holding you back?	Name three things that make you truly happy.	If you could grow up to be famous, what would you be famous for?	What's one thing you did in the last 24 hours to make someone's life better?

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):

- [Scholastic Learn at Home: Free Resources for School Closures](#)