

Week 4 - 8/31-9/6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Homemade Pizza Pockets	Healthy Tuscan Chicken Pasta (One Pot)	EASY Chicken Pot Pie Casserole	Stuffed Taco Crescent Rolls	12-Minute Chicken and Broccoli	Honey BBQ Slow Cooker Chicken Taquitos	Easy Baked French Dip Sandwich Recipe
Family Discussion Question	Go around the table and say your favorite quality about each person.	Tell 2 things you like about yourself and one thing you'd like to work on.	If you could outlaw one vegetable, what would it be?	What is one thing you refuse to share?	If you had the power to shrink anything and take it with you, what would you do with it?	If you could be a Disney character, who would it be?	If your life was a book, what would the title be?
Family Activity	Cook dinner tonight and get creative with your pizza pockets!	Work on a puzzle together!	Take a bike ride or go for a walk.	Watch a new movie.	Play a game of charades.	Go to a park you haven't been to before!	Make family breakfast together.
Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	What was your favorite birthday ever? What did you do?	If you could have dessert for dinner, what would you eat?	Which is most important: being funny or being dependable?	Would you rather go to school during the night or during the day?	Would you rather donate money to sick children or rescue animals?	What is something that you are looking forward to?	Is it ever ok to cheat, steal, or lie? Why or why not?

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)

- [How to Virtually Explore the Smithsonian From Your Living Room](#)
- [Explore NASA STEM](#)