

Week 5: 9/7-13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Healthy 4-Ingredient Enchilada Casserole	Healthy Kung Pao Chicken (clean ingredients!)	Easy Pizza Casserole The Best Casserole Recipe	Easy Vegetable Lasagna	Tuscan Broccoli & Cheese Quesadilla	Ranch Cheddar Chicken Recipe	Turkey Pesto Grilled Cheese
Family Discussion Question	What is the weirdest thing you've ever eaten?	What is something that you used to be scared of but aren't anymore?	What things would a good friend say about you?	What is something that people sometimes misunderstand about you?	What do you hope to be like in 10 years?	What is something that always makes you laugh?	If you had a magic wand, what would you make happen?
Family Activity	Make a family time capsule.	Have a family karaoke night.	Read a book together.	Write letters to a family member that lives far away.	Borrow a neighbor's dog and take it for a walk.	Go through old clothes.	Have a family spa day.
Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	Do you prefer books or movies? Why	What is the best gift you've ever received? Describe it.	What was the best you've ever given? Explain.	If you could meet a character from a book, who would it be and why?	What did you do on your last vacation? Describe it.	When you are having a tough day, what things do you do to feel better?	If you had to pick a favorite chore, what would it be?

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)

- [123 Homeschool 4 Me](#)
- [Funbrain: Games, Videos, and Books for Kids](#)