

**Week 6: 9/14-20**

	<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="#">Chicken Alfredo Casserole Recipe with Spinach</a>	<a href="#">Skillet Shrimp Fajitas Easy Dinner Recipe</a>	<a href="#">Chicken Chow Mein</a>	<a href="#">Sheet Pan Brown Sugar Pork Chops</a>	<a href="#">Ground Turkey Sweet Potato Skillet</a>	<a href="#">Sausage and Peppers Foil Packets</a>	<a href="#">Quick and Easy Pizza Sliders Recipe   Sugar and Soul</a>
<b>Family Discussion Question</b>	What is something you'd love to learn more about?	What is your biggest pet peeve? Why?	What is something most people love but you hate?	If you could go back in time, what advice would you give yourself?	Would you rather be with a big group of friends or just a few? Why?	If you could create an after school club, what would it be and why?	Where are your favorite places to eat?
<b>Family Activity</b>	Have a paint night with paint-by-number kits.	Play frisbee together.	Make a funny family video together.	Play bingo together with acts of service as the prizes.	Have a family talent show.	Eat dessert before dinner.	Have a Nerf gun battle.
<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)	Would you rather have no internet or no cell phone?	Would you rather have a pet snake or a pet tarantula? Why?	What are some of your favorite family traditions?	What is a special memory you have with your family?	What is something interesting about you that most people don't know?	What is something you wish you could tell your family?	What does your teacher do that supports you?

**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)**

- [Storyline Online](#)
- [Brightly Storytime](#)