

Week 7: 9/21-9/27

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------------------------------|---|---|--|--|---|---|
| Dinner | Tatertot Casserole | Italian Sausage Pasta - A Hearty, Easy to Make Meal | Healthy Walking Taco Bowl | Sheet Pan Brown Sugar Pork Chops | Vegan Jambalaya | The Best Chicken Alfredo Lasagna Roll Ups | Give yourself a night off and order a pizza for your family! |
| Family Discussion Question | What does family mean to you? | What does friendship mean to you? | How do you make friends? | How do you know when you can trust someone? | What is one of the nicest, most meaningful things someone has said to you? | What are your favorite things to do with your family? | What are your favorite things to do with your friends? |
| Family Activity | Work on a puzzle together! | Go for a car ride and sing as loudly as possible in the car! | Watch a family movie. | Go outside or to a park and play tag. | Make a blanket fort. | Build a world with your kids in Minecraft. | Go through and donate old toys! |
| Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you) | When have you been brave? | What do you like about yourself? | If you could be invisible for a day, what would you do? | Would you rather always be sleepy or always be hungry? | What was your favorite part of the day? | If you could only keep one toy, which toy would it be? | Pretend you could be the teacher. What rules would you have in the classroom? |

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)

- [Mystery Science School Closure Planning](#)