

Week 8: 9/28-10/4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Simple and Easy Pizza Quesadillas	Toddler Approved Mini Chicken Pot Pies	Simple Homemade Pretzel Dogs (With VIDEO)	Easy Cheesy Bacon Pasta Recipe	Chicken Parmesan Crescents Recipe	Baked Taco Ring	Parmesan Baked Chicken Nuggets
Family Discussion Question	What is one of the hardest decisions you have had to make?	When is it difficult being a friend?	When do you feel most at peace?	What are you grateful for?	Who do you admire?	If you were completely in charge of your life, what would you change?	What do you want to learn about by your next birthday?
Family Activity	Video chat with a distant family member.	Have a staring contest.	Make ice cream sundaes.	Make dinner together.	Tell spooky stories.	Go for a walk around the neighborhood.	Make chalk art in the driveway.
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 makes you happy?	Who is the nicest person you know?	Let's say you could be any age; what age would you be? Why?	What could our family do that would make the world better?	What are you looking forward to in October?	What relative do you love seeing the most?	What do you like most about school?

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)

- [GoNoodle: Home](#)