

Week 9: 10/5-10/11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Chicken Stir Fry with Rice Noodles (30 minute meal)	Cilantro Lime Honey Garlic Salmon (baked in foil)	Garlic Shrimp and Quinoa	Easy 30-Minute Homemade Chicken Noodle Soup	Super easy baked chicken wrapped in bacon	One Pot Manly Cheesy Chicken Penne	Tortellini in Parmesan Cream Sauce with Spinach and Sun-Dried Tomatoes
Family Discussion Question	Suppose you could travel in a time machine and change something that is bugging you, what would you change?	How do you want your life to look 5 years from now? 10 years?	What do you dream of?	How can you treat yourself with kindness right now?	What do you need to feel safe?	What is your idea of a fun time?	What do you enjoy learning about?
Family Activity	Have a board game night!	Play truth or dare as a family.	Have a family photoshoot in your living room.	Play charades.	Have an airplane competition!	Paint pumpkins!	Go on a bike ride.
Kid Question of the Day (Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you)	If you could live in a house shaped like anything, what would it be?	What do you think is in outer space?	Where is the most wonderful place you've ever been?	If dogs could talk, what would they say?	If you were in a band, what instrument would you play? Why?	Do you have a lucky number? Why is it lucky for you?	What is the best thing about being a kid?

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)

- [Highlights Kids](#)