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| Month 1 - One Day at a Time |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **No Electronics** \_Visit a different church/ temple/ mosque/ or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build w/blocks / Lego’s or make forts w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose recipe and cook together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Thow ball with the kids outside\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a Freeze-Dance Party withthe kids\_Read&Snuggle 10 min. | \_Turn up NPR & deep clean house together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics** \_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Eat lunch with the kids at school\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Get a birdfeeder/ birdseed & watch birds w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Learn how to play chess or play checkers w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids on a bike ride, walk, or hike\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose a movie to watch/ discuss together\_Read&Snuggle 10 min. | \_Turn up NPR & do gardening together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Do a puzzle (jigsaw/crossword/ Sudoku)w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build w/blocks / Lego’s or make forts w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the local park, river, or recreation center\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Light candles & take turns reading Ghost Stories \_Read&Snuggle 10 min. | \_Turn up NPR & deep clean cars together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc.. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take pictures with the kids inside and out\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Help kids make PowerPoint with their pictures\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Help the kids write a real letter to someone\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Go to P.O. and mail your letters together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a Freeze-Dance Party withthe kids \_Read&Snuggle 10 min. | \_Take a hike with the kids & picnic in the woods\_Read&Snuggle 10 min.\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Watch &discuss Educational Television (ETV)\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids to a school ballgame\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Thow ball with the kids outside\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a Freeze-Dance Party withthe kids\_Read&Snuggle 10 min. | \_Turn up NPR & deep clean house together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |

NOTES/APPOINTMENTS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Daily: Dring Water, Walk Dawg, Play with Cat & Bird, make sure All have fresh water and food, Meditate, Exercise\_\_\_

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| Month 2 - One Day at a Time |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **No Electronics** \_Visit a different church/ temple/ mosque/ or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build w/blocks / Lego’s or make forts w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose recipe and cook together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids for a bike ride, walk, or hike \_Read&Snuggle 10 min.  | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Patty burgers with the kids & Grill Out\_Read&Snuggle 10 min. | \_Turn up NPR & deep clean house together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Play Simon Sez, Musical Chairs, or Freeze Dance\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose recipe and cook together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Take kids to volunteer (nursing home/soup kitchen/shelter)\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids to a school ballgame\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a Freeze-Dance Party withthe kids & friends\_Read&Snuggle 10 min. | \_Turn up NPR & do gardening together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Do a puzzle (jigsaw/crossword/ Sudoku)w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build with blocks or Legos or make forts with the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take pictures with the kids inside and out\_Read&Snuggle 10 min.  | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Help kids make PowerPoint with their pictures\_Read&Snuggle 10 min. | \_Turn up NPR & deep clean cars together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc.. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Draw/paint/ hammer/glue something w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose recipe and cook together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to volunteer or pick up ur street litter while walking\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Blow bubbles/ play Hopscotch/ jump rope w/ kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Light candles & take turns reading Ghost Stories\_Read&Snuggle 10 min. | \_Take a hike with the kids & picnic in the woods\_Read&Snuggle 10 min.\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Help kids write a real letter to someone\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Go to P.O.& mail letters together with the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose recipe and cook together w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Light candles & take turns reading Ghost Stories \_Read&Snuggle 10 min. | \_Turn up NPR & deep clean cars together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc.. |

NOTES/APPOINTMENTS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Daily: Dring Water, Walk Dawg, Play with Cat & Bird, make sure All have fresh water and food, Meditate, Exercise\_\_\_

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| Month 3 – One Day at a Time |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Do a puzzle (jigsaw/crossword/ Sudoku)w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build with blocks or Legos or make forts with the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take pictures with the kids inside and out\_Read&Snuggle 10 min.  | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Read&Snuggle 10 min.\_Lie on blanket & count stars and constellations | \_Turn up NPR & deep clean house together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­\_\_Read the comics & do crossword & puzzles w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids to a school ballgame\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids for a bike ride or walk and pick up litter\_Read&Snuggle 10 min.  | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Let kids choose a movie to watch/ discuss together\_Read&Snuggle 10 min. | \_Turn up NPR & do gardening together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Do a puzzle (jigsaw/crossword/ Sudoku) w/ kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Build blocks or Lego’s or make forts with the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids & volunteer (nursing home/soup kitchen/shelter)\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Play Simon Sez/ Hopscotch/MusicChairs w/the kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have a Freeze-Dance Party withthe kids \_Read&Snuggle 10 min. | \_Turn up NPR & deep clean cars together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc.. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Get a birdfeeder/ bird seeds & watch birds w/kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Have kids choose a recipe & cook it with them\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take kids to the library for books/ computer/videos\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Do a puzzle (jigsaw/crossword/ Sudoku) w/ kids\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Patty burgers with the kids and grill out\_Read&Snuggle 10 min. | \_Take a hike with the kids & picnic in the woods\_Read&Snuggle 10 min.\_KidGameNite Cards/Boardgames/etc. |
| **No Electronics**\_Visit a different church/ temple/ mosque or synagogue w/kids\_Get out & Play | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids to the park to walk/ hike/play\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Take the kids to a school ballgame\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Help the kids write a real letter to someone\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Go to P.O. & mail your letterstogether\_Read&Snuggle 10 min. | Volunteer@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Read&Snuggle 10 min.\_Lie on blanket & count stars and constellations | \_Turn up NPR & clean house together w/kids\_Get out & Play\_KidGameNite Cards/Boardgames/etc.. |

NOTES/APPOINTMENTS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Daily: Dring Water, Walk Dawg, Play with Cat & Bird, make sure All have fresh water and food, Meditate, Exercise\_\_\_