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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 with  the 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 with  the 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 with  the 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 with  the 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 with  the 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 letters  together  \_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\_\_\_