

Our Family's Daily Routine

WAKE UP * SELF-CARE



personal care



family care,
chores



soul/mind care

LATE MORNING * MOVE YOUR BODY



bike/scooter



jump



go somewhere
fun!



swim



play outside

AFTERNOON * QUIET TIME



read



nap



write



listen to podcast



build/create

EVENING * WIND DOWN



dinner



family time



game/puzzle



read



sleep