

EVOLVED EDUCATION

HOW TO BE

A GUIDE ON HOW TO NAVIGATE AT HOME TIME
WITH YOUR CHILDREN



HOW TO BE

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PLAN

Children need structure and consistency. They benefit from being given boundaries and guidelines.

Younger children can have these limits set by adults. As students become older, they benefit from being involved in creating the structure.

There are many ways to create a plan for your family.

Block Time:

Provide windows of time and state what will happen during those times,

Activity Menu:

Each day there are a menu of options laid out on the table and children can put them in order and turn them over when they are completed.

Order of Activities:

Each day can be given an order of activities without time assigned. Participants can go through the schedule in order of the activities listed.

SET GOALS

Goals are great ways to encourage and motivate activity.

They bring a sense of purpose and unity to a period of otherwise unstructured time.

More than likely you won't have time like this with your family for some time after this, so what do you want to accomplish? Write it down.

OPTIONS

Options make everyone happy. Of course there are some things which are non-negotiable, but many are totally negotiable. Having structure does not mean that you need to do the same thing every day, in fact, that will not be best for anyone!

Each day, you can think about the non-negotiable activities you must do (maybe self-care, school work). Write them here.

Then, think about the negotiable activities you can do. Write them here.

PERSPECTIVE

Having perspective is paramount. We will all be at home and with our children for a short time and how we manage and deal with that is all about the perspective we take. So much has changed, but so little has as well.

It is a great time to:

- start a journal
- watch movies
- read books
- play catch
- learn a skill
- ride a bike
- take a hike
- draw a picture
- build a lego set
- construct a fort
- get ahead of some work
- organize
- be creative
- learn technology
- and more!

By realizing this IS different and challenging, you can begin to move forward differently. You can work toward your new normal with confidence and with the tools you need to be successful. Block out the noise. Don't listen to the worry.

You got this!

TAKE THE TIME

Take the time to be well.
Get well.
Enjoy the sleep.
The quiet.
The laughter.
Smell the new foods.
Learn to cook them.
Read something.
Play something.
Create something.
Sell something.
Laugh at something.
Be the master of your own time during a challenging time.
Connect with friends.
FaceTime.
Duo.
Zoom.
Skype.
Honor those who are sick.
Those who serve.
Those who care.
Provide for the little ones.
Give them structure.
Set your goals.
Think of options.
Have perspective.
You got this.
I've got you.