



# SNAPSHOT OF *our family*

Date:

Who is in our family (and ages)?

Where do we live?

What do we love to do together?

Do we have pets?

How long have we been homeschooling for?

Big milestones/events coming up this year...

Mantras or quote to focus on this year:

SNAPSHOT OF

*our family*



# BUCKET LIST

*this year*

Places to visit

- 
- 
- 
- 

Museums

- 
- 
- 
- 

Workshops or classes

- 
- 
- 
- 

Events/experiences

- 
- 
- 
- 





*Our Vision*  
STATEMENT





WE WANT TO  
*learn about*

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# Month BY month

NOTE LEARNING FOCUSES, EXPERIENCES OR  
UNIT STUDIES FOR THE 2020 SCHOOL YEAR.

January

February

March

April

May

June

July

August

September

October

November

December

# WEEKLY *schedule*



TIME	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
7:00am					
8:00am					
9:00am					
10:00am					
11:00am					
12:00pm					
1:00pm					
2:00pm					
3:00pm					
4:00pm					
5:00pm					
6:00pm					

# DAILY *routine*



6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM





# HABIT *Training*

INSPIRED BY CHARLOTTE MASON



CHILD:

HABIT:

PURPOSE/LIFE SKILL:

PRACTICE: (CIRCLE EACH DAY)

WEEK 1 -        S     M     T     W     T     F     S

WEEK 2 -        S     M     T     W     T     F     S

WEEK 3 -        S     M     T     W     T     F     S

WEEK 4 -        S     M     T     W     T     F     S

MEMORABLE MOMENTS:

NOTES:



# SKILL *development*

TERM:

YEAR:

CHILD:

SKILL:

PRACTICE: (CIRCLE EACH DAY COMPLETED)

WEEK 1 -	S	M	T	W	T	F	S
WEEK 2 -	S	M	T	W	T	F	S
WEEK 3 -	S	M	T	W	T	F	S
WEEK 4 -	S	M	T	W	T	F	S
WEEK 5 -	S	M	T	W	T	F	S
WEEK 6 -	S	M	T	W	T	F	S
WEEK 7 -	S	M	T	W	T	F	S
WEEK 8 -	S	M	T	W	T	F	S
WEEK 9 -	S	M	T	W	T	F	S
WEEK 10 -	S	M	T	W	T	F	S

NOTES/REFLECTIONS:



# EARTH *aware*

## FAMILY GOALS FOR THE CLIMATE:

RETHINK & REDUCE:

REUSE, RECYCLE & REPURPOSE:

REPLANT & RESTORE:

# EARTH *aware*

GOAL:

DATE: / /

HOW WE'LL ACHEIVE IT:

PROGRESS:

EARTH AWARE HABIT FORMED:  DATE: / /

# DAILY *meditation*



SUNDAY -

MONDAY -

TUESDAY -

WEDNESDAY -

THURSDAY -

FRIDAY -

SATURDAY -



# DAILY *scripture*

TERM:

WEEK:



SUNDAY -

MONDAY -

TUESDAY -

WEDNESDAY -

THURSDAY -

FRIDAY -

SATURDAY -



# ACTIVITY *checklist*



SUBJECT:	ACTIVITIES:	COMPLETE:
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# Mama time

STRESSED? KEEP CALM AND PICK SOMETHING FROM THIS LIST

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- **Get up early** - instead of being tempted to scroll through your feed on your laptop all night, put the device away (in a drawer is good) and get an early night. Set your alarm early - an hour or so before the kids wake up. Don't look at a device, don't do chores, just focus on spending time 'in the moment', watching the sun rise or enjoying a hot cup of tea or coffee. Simple moments like this will make all the difference!
- **Keep a 'little things' journal** - practicing gratefulness is a proven strategy to reduce stress levels and return you to a state of calm. Put a pad of paper on the bench, and when you start feeling frazzled, write the little things you notice throughout the day, or things you're grateful for. If you can't think of anything, read what you wrote on previous days.
- **Prioritise your health and fitness** - which of your friends is a regular exerciser? Intentionally connect with them and see whether you can start exercising together regularly. Put it in the calendar. Organise to put your children in childcare or with a friend or relative who can babysit. Join a gym with a kid's program - factor it in your weekly schedule as 'mama time'.
- **Try using an essential oil blend** - spray on your wrists, your pillow and the collar of your shirt or blouse. Oils like cedarwood, basil, lavender and chamomile have calming qualities.
- **Boost your immunity** - When you drink a glass of water, add the juice of half a lemon. It's rich in vitamin C, which helps you fight off colds. Add it to your kid's water too, but brush teeth straight after as the acidity wears down plaque (best to do it in the morning).
- **Find a podcast that fills your soul** - Listening to a podcast makes everything more enjoyable, even chores! If you have older kids, tell them that you're having 'mum time'. Basically, you're around if there's an emergency, but will have earphones in. If you have babies or toddlers, podcasts are great when they're having quiet time or nap time.
- **Train your kids to give you a massage** - I'm not kidding! One of the smartest things my parents ever did was teach us how to give a good hand, neck and shoulder massage.

