



## *St Joseph's School at Home: My Daily Routine*

**At this time, we are not only planning for the students' academic needs, we are also looking at caring for all family members. Maintaining a balance is important. Here are some ideas for parents to do with children to keep everyone happy, healthy and in a positive frame of mind.**

### **TIME WITH GOD**

Remember to start and end your day in prayer, giving thanks, praying for those in need, praying for loved one (name them and think of them), praying for yourself. MJR-Look for the Spirit of Jesus in your home and name it. Remind children that God is with us in all circumstances and this can be a very special time of growing closer to God. Read a bible story. The more we know about God, the closer we can get to God. Mass can be accessed online at [perthcatholic.org](http://perthcatholic.org) on Sundays. This would be a good time to decorate the house and cook for a lovely family Easter celebration.

### **TIME WITH FAMILY**

This is such a unique opportunity for us all to spend more time with our love ones and get to know each other better. Work together, pray together, play together and enjoy the gift that each person is. Be creative with what you can do together. Share stories from your childhood, ask older loved ones to share stories from their lives. Read to your child every day.

### **TIME FOR LEARNING**

Please use the Weekly Outlines that your teacher will start sending home with learning activities for each day. Remember that our teachers care about you and your children. This is a way to keep your children on track with their learning.

### **TIME BY MYSELF**

Enjoy some time alone. It is nice to have time to just read, do a puzzle or some quiet activity. Get all members of the family to see how long they can sit quietly for and set a little challenge of extending that time by 1-2 minutes each day.

### **TIME FOR MOVEMENT**

Movement is great and important. Make sure you make time each day for some exercise. There is much that you can do to keep yourself and your children fit and healthy. Why not get the children to become personal trainers for mum and dad to get everyone up and moving!

### **TIME OUTSIDE**

You can play in your garden and even get children to do some gardening and outside jobs. Look at the sky, listen to the birds singing, have snail races, smell the roses. Play hopscotch, marbles or simply read outside.

### **TIME FOR HOUSEWORK**

What a great time for children to help cook and clean and keep the house looking lovely. You could get them to take responsibility for certain jobs and make up a JOBS ROSTER. It would also be a great time to find all the hidden treasures in the back of cupboards and sort things out. Remember that everyone in a family should have jobs to do as serving others is our Christian duty. It is one way that we show the Spirit of Jesus. (Remember that Jesus taught us this when he washed his friends' feet before the Last Supper.)

### **TIME FOR A PERSONAL CHALLENGE**

This could be something like learning to tie shoelaces and finally having time for the necessary '100 tries before you master it'. It may be a physical challenge you want your child to achieve or learning those X tables, so that their brains can do it easily. Their personal challenge may be something that you can achieve in a day, in a week or over a longer time. Write it down and write down the steps that they need to do to achieve it, and give it a big tick when they have reached it. (They can show off a little!)

### **TIME FOR THINKING OF OTHERS**

Help children to understand that, we often act on our feelings but we have to get better at acting on choices. Sometimes we have to choose to be good or do the right thing, even when we don't feel like it. Just like at school, we make good choices, we need to do that when we are at home. Even when times get tough, there will always be people in our community and world facing even tougher times. Is there anything you can think of that will help them now or in the future?

### **TIME FOR VARIETY**

Make sure you do lots of different and interesting things with your children so you don't get into a rut. Please don't allow children to spend all their time looking at screens.

### **TIME FOR CREATIVITY**

Music, dancing, art work and writing – help them to let their creativity flourish! Build something with recycled products, record themselves singing or dancing, put a show on for the family. Start a new hobby.

### **TIME FOR KEEPING CLEAN**

Big kids don't forget to brush your teeth and shower daily! Just because you are at home doesn't mean you won't get smelly!

### **TIME FOR HEALTHY EATING**

Good healthy food will make you feel better and keep your body strong and healthy. Try to stick to providing healthy eating options between 8.30am and 3.00pm just like you do at school.

### **TIME TO SLEEP**

Keep to your same bedtime and routines so that your family can sleep well at night. This keeps you all healthy in mind and soul.

***We can't wait to see you all back together again and hear about how you used your special time at home.***