

# This Quarantine Life - Family Schedule Ideas

Dr. Raul Poulsen, a child and adolescent psychiatrist with the University of Miami Health System, suggests making a family schedule that all household members have input on and easy access to. Looking for ideas as to what to put on that schedule? Look no further.

## **Online school work**

## **Homework**

## **Your professional work**

**Housework/chores** for every member of the household, who is capable of helping

## **Physical activity**

- exercise at home
- play physically active games
- yardwork
- go running or biking

## **Family mealtime**

## **Creative side projects**

- record a podcast

- build something
- make digital or analog art
- grow plants or vegetables
- hypothesize and test an experiment
- scrapbook
- interview someone you know
- write a poem or a song
- create a dance routine

### **Productive projects**

- edit and organize your digital photos
- clean out the car
- organize the garage, junk drawer, kids' closet, or home office
- sort and store paperwork or mail
- make a donation pile

### **Practice time**

- musical instruments
- art
- sports
- foreign language
- other extracurricular activities

### **Being outside** (while maintaining physical distancing)

- go for a walk
- lay on a blanket in the yard
- biking
- hiking

- fishing
- other outdoor activities

### **Consuming current event information by**

(Limit this time to avoid triggering anxiety and fear.)

- watching/reading the news
- social media
- other current events programming

**Socializing** while maintaining physical distancing.

- texting
- app messaging
- video chatting
- talking on the phone
- online group gaming

### **Reading time**

### **No screens time**

### **Family fun time**

- an opportunity to create unifying activities
- game night
- karaoke
- movie night
- baking
- experimenting
- create something together

## **Family quiet time**

- reading
- meditating (try a meditation app or YouTube video designed for children)
- journaling
- yoga
- build or create something together

## **Time just for you**

Don't use it to scroll social media, respond to work emails, or mindlessly shop online.

- go for a walk
- listen to a podcast
- meditate
- read for pleasure
- listen to music
- tinker around on an instrument
- journal

*Return to this list when the kids complain they're bored and have nothing to do.*