COVID-19 Family Action Plan

Schedule
Keep your family on track during your time at home by building a daily schedule together. Use your strengths of teamwork and fairness to make sure everyone contributes and has time for their individual priorities.

Morning
8:00 – 9:00am
9:00 – 10:00am
10:00 - 11:00am
11:00 - 12:00pm
12:00 - 1:00pm
1:00 - 2:00pm
2:00 - 3:00pm
3:00 - 4:00pm
4:00 - 5:00pm

Evening

Family Intentions
You may already have some house rules your family follows regularly. Take this opportunity to revisit those or create some based on your family values and your priorities during this time.

<table>
<thead>
<tr>
<th>Screen Time</th>
<th>Mindful Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Time</td>
<td>Meal Time</td>
</tr>
<tr>
<td>Exercise Time</td>
<td>Other Time</td>
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</tbody>
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- Do one kind thing for another family member each day.
- Try Beech Acres Parenting Center’s daily activities.

Family Goals
What would you like to get done over the next few weeks?

I will learn to....

I will clean....