

HOME QUARANTINE- KIDS DAILY PLANNER #1

8: 00 AM

WAKE UP TO
MUSIC TO SET
THE TONE FOR
THE DAY

8: 30 AM

YOGA TO CALM
THE MIND

9: 00 AM

BREAKFAST -
PANCAKES &
STRAWBERRIES

10: 00 AM

BATH TIME

10: 30 AM

LEARNING THE
ART OF
PATIENCE WITH
ORIGAMI

12: 00 PM

SNACK TIME -
CUCUMBER &
TOMATO
STICKS

01: 30 PM

LUNCH

02: 00 PM

TV TIME -
CATCH
DYNASTIES ON
BBC EARTH

03: 00 PM

LISTEN TO A
PODCAST -
TRICKY RIDDLES
FOR YOUR
GENIUS KIDS

04: 00 PM

COOK WITH
MOMMY - LEARN
HOW TO MAKE
LEMONADE

05: 00 PM

MILK & SNACK
TIME

06: 00 PM

MAKE A FORT
OUT OF
PILLOWS AND
SHEETS

07: 00 PM

UNWIND TIME

07: 30 PM

LEARN HOW TO
SET THE TABLE
RIGHT

08: 00 PM

STORY TIME

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS

HOME QUARANTINE- KIDS DAILY PLANNER #2

8: 00 AM

WAKE UP TO
SOME MUSIC TO
SET THE TONE
FOR THE DAY

8: 30 AM

SKIP FOR
EXERCISE & FUN.
THEN 10 MINS
MEDITATION

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 30 PM

PLAY TIME -
ROCK
PAINTING

12: 00 PM

SNACK TIME &
FUN WITH
LEGO

01: 30 PM

LUNCH
FOLLOWED BY
TV TIME -
NAILED IT ON
NETFLIX

03: 00 PM

LISTEN TO A
PODCAST - FUN
FACTS ABOUT
THE WORLD

04: 00 PM

CHORES TIME -
LEARNING HOW
TO FOLD
CLOTHES

05: 00 PM

MILK & SNACK

06: 00 PM

MAKE AN
OBSTACLE
COURSE USING
CONES, STOOLS
& CHAIRS

07: 00 PM

UNWIND TIME

07: 30 PM

DINNER &
HELP CLEAR
THE DISHES

08: 00 PM

STORY TIME

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



**KIDS
STOP
PRESS**

HOME QUARANTINE- KIDS DAILY PLANNER #3

8: 00 AM

WAKE UP TIME

8: 30 AM

CIRCUIT
WORKOUT FOR
KIDS (AND YOU)

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 15 AM

DIY - MAKE A
CALM JAR TO
SOOTH THE
MELTDOWNS

12: 00 NOON

SNACK TIME &
A GAME OF
UNO

01: 30 PM

LUNCH
FOLLOWED BY TV
TIME - MOTOWN
MAGIC ON
NETFLIX

03: 00 PM

STORY TIME

04: 00 PM

LEARN HOW TO
KNEAD ATTA FOR
ROTIS

05: 00 PM

MILK & SNACK
WITH KITAB
KHANA
STORYTELLING
LIVE @ 4.45PM

06: 00 PM

PLAY
D-O-N-K-E-Y
WITH A SOFT
BALL

07: 00 PM

UNWIND TIME

07: 30 PM

DINNER

08: 00 PM

LISTEN TO A
PODCAST STORY
- THE STAR
THROWER

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS

HOME QUARANTINE- KIDS DAILY PLANNER #4

8: 00 AM

WAKE UP TIME

8: 30 AM

SIMON SAYS -
FITNESS IN
DISGUISE

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 15 AM

DIY - MAKE
STARS WITH A
TORCH

12: 00 NOON

SNACK TIME &
LUDO

01: 30 PM

LUNCH
FOLLOWED BY TV
TIME -
TROLLHUNTERS
ON NETFLIX

03: 00 PM

STORY TIME

04: 00 PM

CHORES - WATER
THE PLANTS IN
THE HOUSE

05: 00 PM

MILK & SNACK
WITH ZAYN &
ZOEY
STORYTELLING
LIVE @ 4.45PM

06: 00 PM

DRESS UP &
ENACT A SKIT

07: 00 PM

UNWIND TIME

07: 30 PM

LEARN TABLE
ETIQUETTE &
DINNER TIME

08: 00 PM

LISTEN TO A
PODCAST STORY
- CHUTKI ULLU
COUNTS THE
STARS

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS

HOME QUARANTINE- KIDS DAILY PLANNER #5

8: 00 AM

WAKE UP TIME

8: 30 AM

YOGA WITH KIDS

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 15 AM

SCIENCE FUN -
MAKE
ELEPHANT
TOOTHPASTE

12: 00 NOON

SNACK TIME &
STICKER BOOK
ACTIVITY/DINO
KINGDOM
BOARD GAME

01: 30 PM

LUNCH
FOLLOWED BY
COCO ON
NETFLIX

03: 00 PM

JENGA TIME

04: 00 PM

COOK WITH
MOMMY - MAKE
CHOCOLATE
FUDGSICLES

05: 00 PM

MILK & SNACK
WITH DAVID
WALLIAMS ON
INSTAGRAM

06: 00 PM

INDOOR
BOWLING USING
EMPTY PLASTIC
BOTTLES & JARS

07: 00 PM

UNWIND TIME

07: 30 PM

FILL THE WATER
BOTTLES &
DINNER

08: 00 PM

LISTEN TO A
PODCAST - STORY
OF
RUMPLESTILTSKIN

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS

HOME QUARANTINE- KIDS DAILY PLANNER #6

8: 00 AM

WAKE UP TO
SOME MUSIC TO
SET THE TONE
FOR THE DAY

8: 30 AM

CIRCUIT
WORKOUT FOR
KIDS
(SUBSCRIBE TO
OUR NEWLETTER)

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 15 AM

MAKE A DIY
FLOATING BALL

12: 00 NOON

SNACK TIME &
GAME OF TABOO

01: 30 PM

LUNCH
FOLLOWED BY
MARCH OF THE
PENGUINS ON
AMAZON PRIME

03: 00 PM

CUT & CREATE
PICTURES USING
NEWSPAPERS &
CRAYONS

04: 00 PM

HELP WITH THE
DUSTING IN THE
HOUSE

05: 00 PM

MILK, SNACK &
INSTA LIVE
STORYTELLING
WITH OLIVER
JEFFERS

06: 00 PM

INTRODUCE
KIDS TO MUSIC
VIA AN APP

07: 00 PM

UNWIND TIME

07: 30 PM

SORT OUT THE
GROCERIES &
DINNER

08: 00 PM

LISTEN TO
PODCAST

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS

HOME QUARANTINE- KIDS DAILY PLANNER #7

8: 00 AM

WAKE UP TO
SOME MUSIC TO
SET THE TONE
FOR THE DAY

8: 30 AM

SIMON SAYS -
FITNESS IN
DISGUISE

9: 00 AM

BREAKFAST

10: 00 AM

BATH TIME

10: 30 AM

STUDY TIME

11: 15 AM

CREATIVE ZOO
CRAFTS

12: 00 NOON

SNACK TIME & A
GAME OF
SCRABBLE

01: 30 PM

LUNCH
FOLLOWED BY TV
TIME - LUNCH
DOODLES WITH
MO WILLEMS

03: 00 PM

ART TIME USING
EAR BUDS &
PAINTS

04: 00 PM

COOK WITH
MOMMY- MAKE
JELLY

05: 00 PM

MILK &
SNACKS WITH
KITAB KHANA
@4.45PM

06: 00 PM

PLAY A GAME OF
TWISTER

07: 00 PM

UNWIND TIME

07: 30 PM

HELP SORT OUT
THE CUTLERY
DRAWER &
DINNER

08: 00 PM

STORY TIME

08: 30 PM

TIME TO SLEEP

#SimplifyingParenting



KIDS
STOP
PRESS