

-Days of the week

-Sunday Schedule - You decide what you want to do on Sundays after you have done a session of worship to God, listened, watched or read a story from the Holy Book and learnt a memory verse.

HOW TO USE

Column 1

'Time' of the day tells you the start time for every activity. End time is set just for study time so you need to derive your durations for every other task. Do not forget to include breaks for every activity.

'Activity' tells you what to engage in at every point in the day

'Day of the week' – Depending on the day you start using this SHINEON ACTIVITY PLAN, insert the date and day in the GREEN coloured box and tick the empty box underneath the time after you finish each activity. You can go the extra length and write what you ate or did in the box. The cream coloured slot is for Sunday and the green for weekdays.

If followed for a whole day, this is what your sheet should look like

ACTIVITY	Wake up, Pray	Morning Hygiene	Breakfast Plan	Study	Play-a game	Lunch	Art	Watch TV	Dinner	Night time Hygiene	Read a story	Bed Time
Monday 04/09/ 2023			Cereal	Geometry	puzzles	Rice and chicken with dodo	Painting Harry	Porter	Potato porridge	Brush your teeth and bath	Tortoise and the hare	

VanPebbles Hub has a gift for children who religiously followed and filled out the sheet. Please take pictures of your sheet and Art activity and send to us on whatsapp or tag us on instagram.

Column 2	Wake up, and Pray	Set an alarm to wake yourself up, Read a chapter of your Holy Book and don't forget to talk to God about yourself, your family and the nation.
----------	-------------------	--

Column 3	Morning Hygiene	Lay your bed, tidy your room, pick clothes for the day, brush your teeth, take a bath, dress up, comb your hair and leave your room looking neat. You can include workout here, there are tendencies to add weight – which may be a good thing or a bad thing – so keep your body active and watch your consumption
Column 4	Breakfast	Yummy! Task them with making a simple breakfast with supervision
Column 5	Study	Pick from a list of your subjects in school per day, pick a book a day, read an article and answer questions from it, try writing compositions or essays.
Column 6	Play a game	Take fingerprints of each family member & decorate, Skip, hopscotch, puzzles, few word scrabble, build with bricks, ludo, chess, play station. You may look up games on the internet to play
Column 7	Lunch	Yummy! As stated in the 'Time section', include breaks during activities and SNACK during some of the break times, especially when you think you deserve it.
Column 8	Art	SHAKE UP YOUR CREATIVITY, MAKE SOMETHING!!!! Do prints, color, paint, make collages, weave, cards, play a musical instrument, invent a game, do a drawing. You may look up other activities on the internet and be sure to use items that are available to you at home for these activities. If you need supplies, you may go and buy now before markets are shut down. If you need help with a basic kit, call me.
Column 9	Watch TV	Choose a program to watch on Cable, Netflix, Youtube etc
Column 10	Dinner	Yummy! Get in the kitchen and make dinner with mum.
Column 11	Read a story	Read Something informative and educative

Contact Us – Mobile/Whatsapp: +2348065394795 || Instagram/Facebook: @parentalpal || Email: Parentalpaltd@gmail.com || website: www.parentalpal.org