

## Spring into FOCUS



Although this wasn't the spring we had hoped for, and we face uncertain times I believe we should do our best to make the most of each day. We are all navigating uncharted waters and I wanted to send out hope and encouragement to families to keep a positive attitude.

### Some ideas to help you through your day:

- **Create a schedule** - Have an everyday routine. Wake up, shower, get dressed, and make a to-do list. Keep in mind, you do not need to recreate your child's school schedule to be successful. You will be amazed at how much you will accomplish in less time because there are less interruptions, less transition times, and more one-on-one instruction.
- **Take a break** - Break up the monotony of your day, take a walk, paint, read a book, enjoy a hobby...anything to lighten your mood.
- **Health** - Get plenty of sleep, exercise, and eat healthy.
- **Help others** - Find ways to help those in need by offering to run errands, donate to food pantries, write encouraging letters, etc.
- **Connect** - Utilize technology to stay in touch with family and friends via phone

calls, texts, social media and video.

- **Unplug** -Watching too much news and social media can leave you feeling overwhelmed. Spend time with family members who are in quarantine with you playing board games, talking, or go outside and enjoy the sunshine.
- **Prepare** - Make sure you have prescriptions and basic necessities on hand.
- **Fight boredom** - Catch up on your favorite TV series, read that book you have been putting off and try learning something new, like planting a garden.
- **Stay positive** - While we are inundated with negativity, try to keep a positive outlook. Keep conversations positive and encouraging.
- **Take one day at a time** -Try not to think too far ahead. Before long this will become a memory, so take each day as it comes.

Here is a schedule that I found online:

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Sometimes our expectations don't match our reality but do your best to stick to a schedule of some kind!

# Expectation

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Take a walk with the dog, Ragna's friends
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, pipe marbles, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	1. Wash all dishes, silverware, etc. 2. Sweep all entry, bathroom, light switches, lamp shade, etc. 3. Wash both bathrooms - toilet and shower
1:00-2:00	Quiet time	Reading, puzzles, etc.
2:30-4:00	Academic time	ELECTRONICS OK Used games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid shows x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

PIC-COLLAGES

# Reality

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	iPad	
10:00-11:00	iPad	
11:00-12:00	iPad	
12:00	Lunch	
12:30PM	iPad	
1:00-2:00	iPad	
2:30-4:00	Academic time	ELECTRONICS OK Used games, Prodigy, Educational show
4:00-5:00	iPad	
5:00-6:00	Dinner	
6:00-8:00	iPad	
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



As a veteran homeschool mom of 20 years I learned to think outside the box when it comes to education. Take walks in nature, journal or take time to teach your child a new skill. Not all learning takes place in the classroom.

Here are some ideas:

- personal finance- setting a budget, debt management, savings, understanding credit scores, etc
- goal setting- setting short and long-term goals and how to achieve them
- time management- using planners and tools to manage time
- cooking/ baking- basic cooking or baking skills
- first aid- basic to advanced first aid
- emergency preparedness- preparing for natural disasters
- mending/ sewing- basic hand sewing, repairing, using a sewing machine
- planting a garden- gardening basics
- map reading- understanding and basic map skills
- storing and preserving food-





- canning, dry storage, fermentation etc
- reusing materials- upcycling or repurposing used items
- animal care- management, feeding and basic needs of different animals
- plant knowledge- understanding and identifying local and native plants
- basic carpentry- using hand tools, building basic items
- vehicle mechanics- basic car maintenance, changing a tire, checking oil etc
- personal health and fitness- understanding the basics of health and fitness



The internet is full of ideas!!

[4-H Activity guide](#) - Get a free activity guide from 4-H!

[Khan Academy](#) - This website is amazing, it helped me to pass Quantitative Literacy in college! It explains every subject in an easy format!

[125 Things to do while in quarantine](#) - Quench boredom with these fun activities!

**4-H has a variety of free curriculum on virtually every subject at your local Cooperative Extension, just give us a call and let us know what you need!**

Visit our website for more information: [camden.ces.ncsu.edu](http://camden.ces.ncsu.edu)



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.

NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

Accommodation requests related to a disability should be made by 10 days before event to Marcia Berry at 252-331-7630 or [marcia\\_berry@ncsu.edu](mailto:marcia_berry@ncsu.edu).



Cooperative Extension's  
Youth Development Program