

## The North Family's Weekday Schedule

6:00-8:00am	Wake, exercise, breakfast, 1 chore
8:00am	Work and schoolwork
10:00am	Break
12:00pm	Lunch together and family meeting
12:45pm	Work and schoolwork or reading
2:00pm	Spend time outdoors
3:00pm	Work & homework or chores if complete
4:30pm	Special projects or video calls with friends
5:30pm	Dinner
6:30pm	Games, puzzles, outside games or movie night
8:30pm	Reading/journaling
10:00pm	Lights out

### Additional resources from Heidi North:

- <http://heidinorthhomes.com/resources/working-from-home/>
- <http://heidinorthhomes.com/resources/50-free-activities/>