

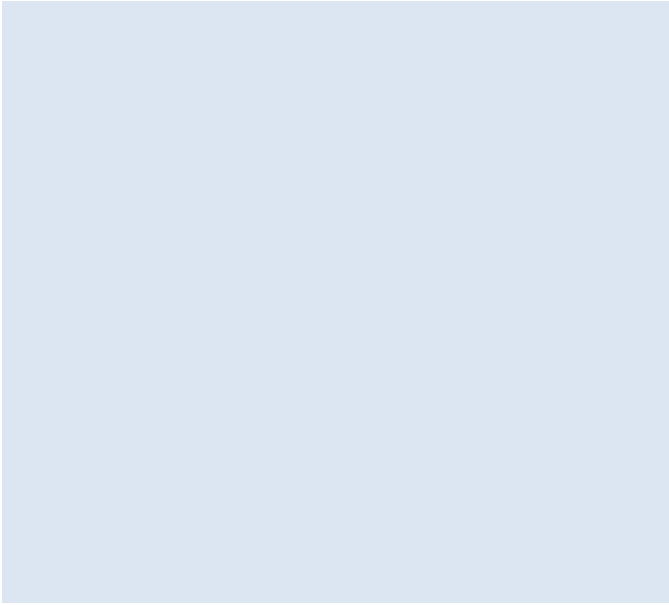
The StudioLab

TEN TIPS FOR A SUCCESSFUL SCHEDULE

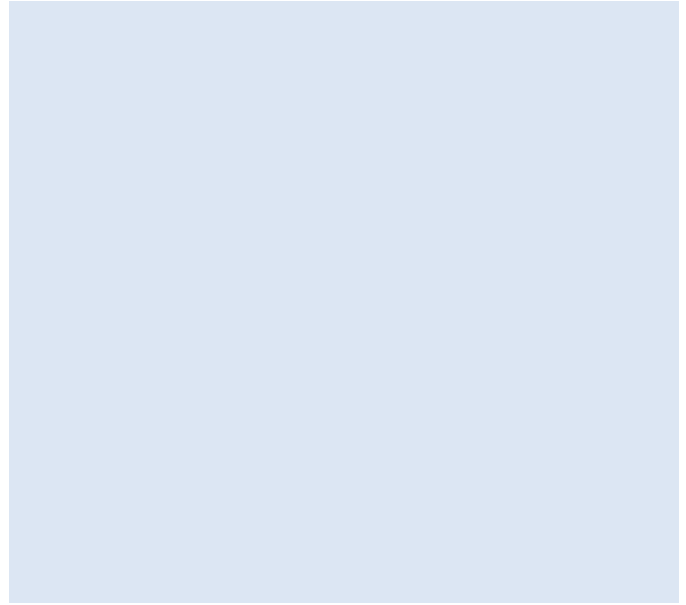
- Write down what you will do for YOURSELF FIRST. What can you do for 20 minutes at least twice this week? Knit, exercise, read, talk to a friend? Write it down!
 - Let go of feeling you must be working all the time. You are enough and you do enough. Schedule a hard stop to your day.
 - Schedule the hours you need to work independently. Let the family know these hours are blocked off.
 - Work on your children's schedule AFTER YOURS! This might be uncomfortable but it really works.
 - Your children's school work is THEIRS, not YOURS. You do not need to manage each assignment and it's okay if it doesn't look the way you think it should.
 - Short chunks of working time are best. Children can typically work 10 to 15 minutes with short breaks in between.
 - Use Timers! Kitchen timers, sand timers, alarms. Timers provide detachment -the timer holds the start and stop time, not YOU!
 - High energy times are best for the low interest academic tasks. When kids are content and fully energized they are best suited for the work that challenges them the most.
 - Respect your child's pace and give them room. They may work faster or slower than you, that's okay.
 - Plan something to look forward to during the day! Take a break together. Cookies and milk at 3:00pm is a classic idea for a reason, but you could have a dance party, an outdoor walk or a cup of tea. Write it down, take the time and enjoy it.
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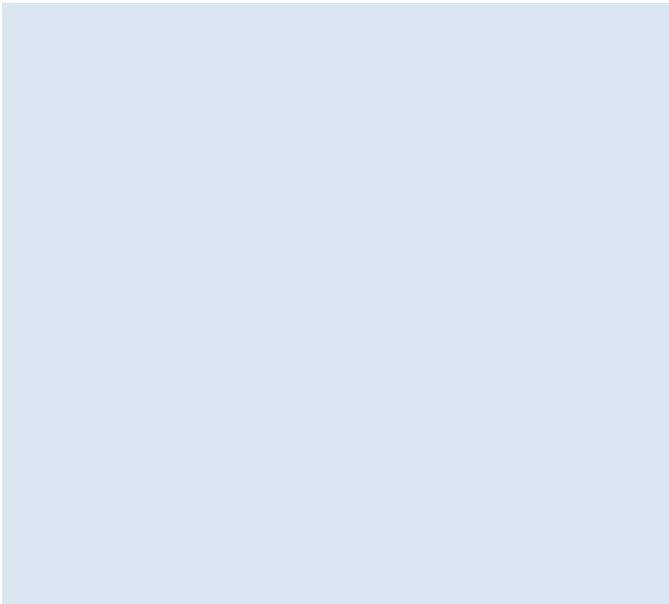
Your Self Care Time:



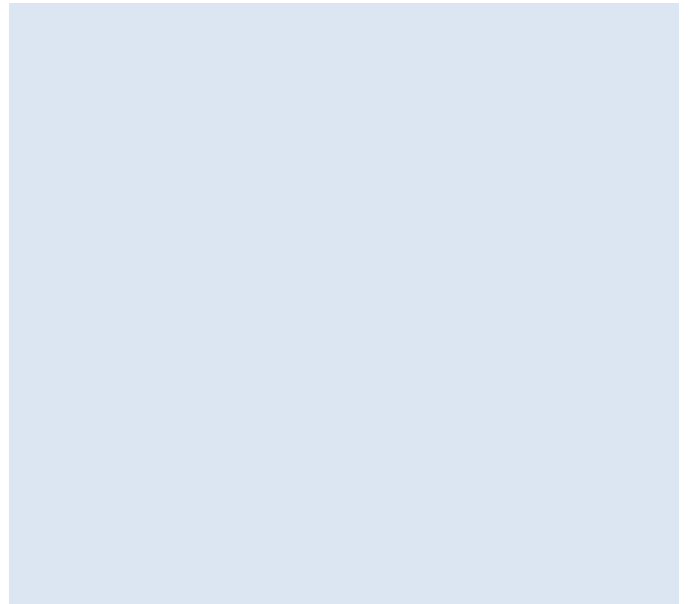
Your Work Time:



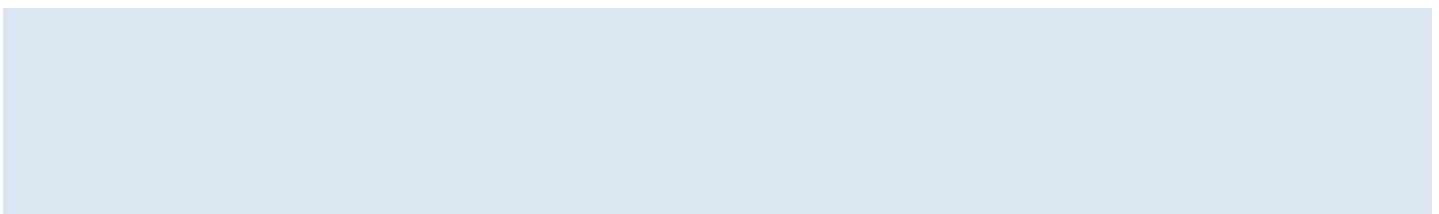
Kids' Assignments:



Milk and Cookies Time:



Time To End ALL Work:



Today's Schedule