My winter break day

A loose plan for a day off school. Grown-ups fill in the times; kids pick from the ideas and tick each box.

Name _____ Wake-up _____ Bedtime _____

Time	What we do	Today's plan	Done
	Wake up and get ready Get dressed, breakfast, brush teeth, make the bed		☐
	Help at home One job: feed a pet, set the table, tidy toys, fold laundry		☐
	Outside or move Walk, sledding, park, bike, dance party, indoor obstacle course		☐
	Lunch Help make it, or plan a picnic on the living room floor		☐
	Quiet time Read, draw, puzzle, audiobook, building blocks, rest		☐
	Make or play Craft, baking, board game, fort, a call to a friend or grandparent		☐
	Screen time What and how long, agreed ahead with a grown-up		☐
	Dinner Screen-free table: one good thing about today		☐
	Wind down Bath, pajamas, devices away, story, lights out		☐

Screen time over the break

On a home day: _____ minutes or hours

Best time of day: _____

No screens: dinner table, bedtime, _____

When I'm bored, I can

1. _____
2. _____
3. _____

Our winter break at a glance

Write the date in each corner, then add the big things: travel, visits, holidays, one special plan.

Week 1

Mon ____	Tue ____	Wed ____	Thu ____	Fri ____	Sat ____	Sun ____

Week 2

Mon ____	Tue ____	Wed ____	Thu ____	Fri ____	Sat ____	Sun ____

Busy days (travel, visits, holidays): keep just wake-up, meals and bedtime. **Home days**: use the daily plan on page 1.

Getting ready for school again (last 2 or 3 days)

- [ ] Move bedtime back to the school-night time
- [ ] Wake up at the school-day time again
- [ ] Find the backpack, lunch box and homework
- [ ] Pick out clothes for the first day
- [ ] Talk about one thing to look forward to
- [ ] Go back to the school-week screen plan