

# STUCK @ HOME?

Print the list below and stick it on your fridge. Use this schedule as a guide to keep a routine if you are in quarantine at home because of the Covid-19 pandemic. **Use in conjunction with the Stuck Inside? Ticklist and the South Pacific Kids Prayer Journal.** Have fun and remember that **God loves you and He continues to want the best for you.** Make this a time to reconnect with your family and your Saviour - Jesus.

## Daily Schedule

7-8am Wakeup, make bed, get dressed, put dirty clothes in laundry, set table and eat breakfast.

8-8:30am Family meeting/worshp -how is everyone feeling what are everyone's thoughts about the day. You can use [www.gracelink.net](http://www.gracelink.net), South Pacific Kids Prayer Journal -Reflections & thoughts on Power Text Journal & Prayer Entry. Check out the hash tag #chillaxing2CombatCovid19 on social media for ideas.

8:30-9am Chore time. Tidy room, sweep floors, dust, wipe sinks, light switches, door knobs. Take rubbish out, weed garden, tidy wardrobe, etc. For ideas check out the hashtag #Chores2CombatCovid19 #ConnectingthroughChores. Maybe post a pikkie of the types of chores you are doing while stuck@home.

9-10am Exercise time. Morning walk, stretches, star jumps, make an obstical course, kick a ball. <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/> <https://www.verywellfamily.com/simple-kids-stretching-exercises-1257070>

10-11am Academic time. Read, create flash cards, journal, write a story, do school work. Check if your school can provide some assistance. <https://teachingmama.org/school-at-home-due-to-coronavirus/>

11-12pm Craft Time. Get creative with the items you have at home. Look for ideas on Pinterest. Bake a cake, make some muffins. Learn to sing a new song! Check out the hashtag #Crafts2CombatCovid19 and #Choruses2Combat Covid19 [www.mumsatthetable.com](http://www.mumsatthetable.com)

12-1pm Lunch time.

1-2:30pm Quiet/Personal time. This may mean naps for younger children or reading, puzzles, journal writing, listen to a podcast <https://podcasts.apple.com/au/podcast/car-ride-stories-for-gigi-kids>

2:30-4pm Outside activities. Get out in nature and take a big breath of fresh air! Ride bike, play with pets or with a ball, go for a swing, using natural materials and other household items recreate a scene from a Bible story. Pack an afternoon tea picnic for the backyard.

4-5pm TV/Screen time. [thetuis.tv](http://thetuis.tv)

5-6pm Clean up. Have a shower or bath. Tidy up rooms, pack away toys, set table for dinner.

6-7pm Dinner

7-8pm Bedtime. Say a prayer, share a story, debrief about the day time. Share any worries or concerns and pray about them. You can use the South Pacific Kids Prayer Journal - Evening Application and [www.gracelink.net](http://www.gracelink.net)

# STUCK @ HOME?

Print the list below and stick it on your fridge to use on Sabbath.

## Sabbath Schedule

7-8am Wakeup, make bed, get dressed, set table and eat breakfast.

8-9am Morning walk in nature or go into your backyard or verandah, what can you see, here, smell, feel? Talk about the days of creation and the order of the days.

9-10:30am Lesson study and craft - Gracelink.net  
<https://biblecraftsandactivities.com/>  
<http://sabbathschoolcrafts.com/>

10:30-11am Morning tea break. Have a drink of water or hot drink and maybe some fruit or food/baking you made during the week.

11-12pm Watch televised worship service/program. (Check with your local church, mission or conference). You may also choose to use [thetuis.tv](http://thetuis.tv) resource or complete the Discovery Bible Reading (DBR) component of any of the fundamentals and then complete the activities etc. <https://discipleship.adventistchurch.com/covid-19-resources>

12-1pm Lunch.

1-2:30pm Quiet time/personal time

2:30-4pm Afternoon time/fresh air/ Do an Adventurer/Pathfinder Award

4-5pm Service to others. Think of ways you can serve your community from where you are. Call a relative or friend you have not spoken to in a little while. Ask you local church pastor who needs help. Perhaps share a craft you created during the week like a; card with words of encouragement for your neighbours at this challenging time.

5-6pm Clean up, tidy up, shower time

6-7pm Dinner

7-9pm Family movie or games night (after Sabbath). Crack open the board games, look through your family movies or photos. Who has the cutest picture or pose?

9pm Prayer, bedtime

Head to our website for more resources [children.adventistchurch.com](http://children.adventistchurch.com)