

A

very active

field trip, playdate, travel
quick meals, fast cleanup
no screens needed

B

a little busy

light errands
school and daily chores
play outside

C

calm day at home

get ahead with
school and chores
play outside

rest

stop and celebrate
clean up after yourself
but NO work, school,
or errands :)

A

very active

B

a little busy

C

calm day at home

rest

stop and celebrate

A

very active

B

a little busy

C

calm day at home

rest

stop and celebrate