



SPRING BREAK CHECKLIST

Guide for Parents

ONE WEEK BEFORE

Identify what kind of week your family wants

- Relaxed
- Adventurous
- Structured
- Social
- Low-cost
- Outdoors-focused

MORNING ANCHOR

Instead of a rigid schedule, find a predictable rhythm

- ✓ Wake within one hour of school schedule
- ✓ Nourishing breakfast
- ✓ Get dressed (even if staying home)
- ✓ Complete one chore
- ✓ 20-30 minutes of movement

QUIET TIME

Even older kids benefits from these activities

- Reading
- Puzzles
- Audiobooks
- Drawing or coloring
- Independent lego time
- Journaling

EVENING WIND DOWN

Continuing with a predictable rhythm

- ✓ Dinner at consistent time
- ✓ 20 minute family reset (clean up together)
- ✓ Bath or shower
- ✓ Reading
- ✓ Bedtime window

NON-NEGOTIABLES

Define which family limits that will not change

- Wake window
- Bedtime window
- Family meal planning
- Screen limits
- Chore expectations
- Other:

MID-DAY ACTIVITY

Keep it simple, one activity a day is enough

- Outdoor adventure
- Library trip
- Art project
- Museum visit
- Baking or cooking
- Backyard picnic

AFTERNOON FLEX

Can be adjusted based on what is needed in the day

- Free play
- Screens
- Errands
- Meal prep help

EMOTIONAL PREP

Prepare for the inevitable dysregulation usually from

- ✓ Too much screen time
- ✓ Too little structure
- ✓ Over-scheduling
- ✓ No quiet decompression time

