

# **Simple Daily Rhythms to Bring Calm to Your Home**

## **Morning Anchors:**

Start with a short prayer or Scripture reading (even 1-2 verses) - Play soft, peaceful music as everyone wakes up - Light a candle to symbolize a fresh start to the day.

Speak gentle words: "Good morning. God has good things today."

## **Mealtime Moments:**

Begin with a family prayer or blessing before meals - Share one thing you're thankful for today - Keep meals screen-free as often as possible to encourage conversation

## **Family Quiet Time:**

Set aside 15-30 minutes where everyone does a quiet activity (reading, drawing, listening to peaceful music. Allow rest without pressure - even a few minutes helps reset emotions

## **Evening Reset:**

5-10 minute tidy-up as a family before bed - Dim lights, play instrumental worship or calming music - Share a quick "highs and lows" check-in with kids before bed



## The Family Table Podcast Peaceful Rhythms Checklist

### **Sunday Reset (Weekly Family Rhythm):**

Review the week ahead together (schedule, meals, important events) - Family prayer for the week's challenges and blessings.

*Optional: Do a simple act of service together (write a note, prepare a meal for someone, etc.)*

### **Encouragement:**

Remember: Peace isn't about perfect days. It's about creating little spaces where hearts can breathe, connect, and rest in God's grace. Start with one rhythm this week and let it grow naturally.