

Our Real-Life Daily Rhythm

A flexible stay-at-home mom schedule for ordinary days, messy days, and the days when the plan changes before breakfast.

DATE	TODAY'S MAIN PLAN

MY FIVE DAILY ANCHORS

Use times or simple notes. Both count.

1	Open the house Breakfast, get ready, one tiny reset	
2	Main activity Outside, library, errands, or home play	
3	Lunch reset Lunch, clear one space, rethink the afternoon	
4	Quieter block One task, quiet play, or an actual break	
5	Close the day Dinner, basic pickup, prep one thing for tomorrow	

FOUR THINGS THAT MATTER TODAY

Family or kid plan

One house job

One admin task

One thing for me

WHEN THE DAY GOES SIDEWAYS

My minimum-day plan:

People fed

One space usable

One thing ready for tomorrow

EASY DINNER

WHAT CAN WAIT

I Am the Day Helper!

Kids can circle, check, draw, and choose one small job. Grown-ups: keep it light. This page is for participation, not perfection.

MY NAME

TODAY IS

TODAY I WOULD LIKE TO...

Go outside

Read books

Color or create

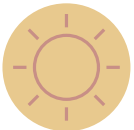
Play music

Help at home

Choose quiet play

OUR DAY

Write, draw, or tape a routine card in each box.



Morning



Go / Play



Lunch



Quiet Time



Evening

MY HELPER JOB

Put toys in a basket

Match socks

Carry napkins

Wipe the table

Choose books

Put shoes by the door

I HELPED TODAY!



Color a star for every helpful moment.

MY FAVORITE PART

Build Our Day Together

Cut out the cards below. Your child can choose a few, then tape, magnet, or place them on the Kid Day Helper page.

Tip: Offer only a few cards at once so choosing stays simple and fun.

 Breakfast Start the day	 Get Dressed Ready to go	 Outside Fresh air	 Playground Climb and play
 Library Books and storytime	 Errands Our main outing	 Home Activity Simple play	 Lunch Midday reset
 Quiet Play Books, blocks, art	 Read Books Pick a favorite	 Snack Afternoon bridge	 Help at Home One small job
 Dinner Easy counts	 Family Time Together time	 Pajamas Evening routine	 Tomorrow Prep One thing ready

OUR MINIMUM-DAY THREE

People fed

One space usable

Tomorrow made easier