

# COVID-19: HOW TO THRIVE

THINGSTODOWITHKIDS.CO.ZA



## CORE FAMILY VALUES & GOALS



### MORNING

06:00

07:00

08:00

09:00

10:00

11:00

### MIDDAY

12:00

13:00

14:00

15:00

16:00

17:00

### EVENING

18:00

19:00

20:00

### NOTES & RESOURCES

