

While COVID-19 restrictions are in place we encourage parents to use their discretion when considering appropriate activities.

AnimalSmart™ Paw-some Day Chart

Children have different needs and it's important to do what's right for your family. A schedule or day chart may be helpful for some families to provide structure and predictability to the day or to introduce variety to keep boredom at bay. But schedules may not be the right fit for everyone. If a schedule creates conflict or adds stress, perhaps a different approach would be a better fit.

Whether you choose to follow your day chart closely or use it as more of a guideline, we hope this resource is helpful to you and your family.

A Few Tips

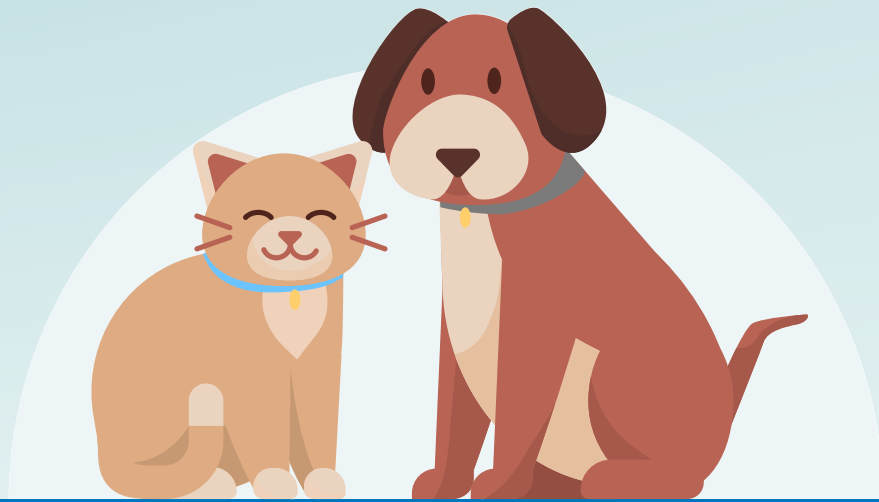
Create it Together

Creating the day chart together with your child(ren) will go a long way towards ownership and commitment to the schedule. If your child(ren) feel like they had input and they may be more likely to engage in the plans you've created together.

What to Put in your Paw-some Day Chart?

This is your family's day chart to build in whatever way helps your child(ren) feel engaged and your family feeling good. Many families include elements of outdoor play, academic work, opportunities to be creative, quiet time, free time and, if it makes sense, time for chores. We've provided some ideas to get you started:

PAW-SOME DAY CHART!



Outdoor time is a great opportunity for kids to have a change of scenery, get some exercise, and if there's greenspace nearby, connect with nature:

- Go on a scavenger hunt
- Play a game like soccer, frisbee or tag
- Go for a walk or a run
- Look for shapes in clouds
- Learn about the plants in your neighbourhood
- Ride bikes, scooters, skateboards, etc.
- Go to the park
- Go to the beach, forest, or other natural space

Academic activities can take many different forms:

- Academic work sheets or [activity books](#)
- Real-world learning – for example, math can be learned while:
 - o Baking or cooking
 - o Playing store with real or fake money
 - o Measuring different items in or out of the house, create a graph as an extension
- Fun video learning, like our [AnimalSmart™ video series](#)
- Fun [audio learning](#)
- Learn new skills
- Read books
- Do science experiment
- Learn [about animals](#)

Creative

- Make [toys for animals](#)
- Draw, paint, colour
- Write a [story](#)
- Sculpt with playdough or clay
- Organize a play to show your family – maybe even make puppets to act it out • Nature art
- Do a puzzle
- Create using building blocks
- Write a letter to a friend or family
- Cook or bake together

Quiet Time is important to give families a chance to take a breath and reset

- Puzzles
- Reading
- Nap
- Drawing
- Writing
- Yoga
- Mindfulness/meditation

Chores should be age appropriate. Giving kids a choice, not expecting perfection and praising them for a job well-done can help make the experience more positive for everyone:

- [Care for companion animals](#) like:
 - o Give food and water
 - o Brush or wash coat
 - o Clean cage
 - o Provide enrichment through training and other interaction
- Cleaning tasks
- Make bed and clean room
- Put toys away
- Fold and put away laundry
- Set/clear the table
- Water plants/garden