

# Our Quar-ROUTINE

HAPPIE-LIFE.COM

**7AM**

## **WAKE UP, MORNING ROUTINE, BREAKFAST**

After a 30 minutes workout session, I love this time to cook breakfast and set our intentions for the day.

**9AM**

## **SCHOOL WORK BEINGS**

Nevaeh's school uses Schoology and now Clever to keep track of assignments. While my kiddo is studying, momma is working.

**11AM**

## **ZOOM CHECK-IN**

Nevaeh has a check-in with her teachers while momma checks-in with her various groups.

**12PM**

## **LUNCH TIME**

We take our lunch outside on the patio with music and optional screen time.

**1PM**

## **FINISH SCHOOL WORK**

Review all homework assignments and get going.

**3PM**

## **CREATIVE TIME**

Nevaeh practices her drama work, illustrates anime character, or practices her Taekwondo.

**6PM**

## **DINNER TIME**

This usually includes a vent session about politics or allowing Nevaeh's friends to Facetime and have dinner with us.

**9PM**

## **EVENING ROUTINE, READING, LIGHTS OUT**

We'll wear hydrating face masks, read a chapter in a book, pray and then bedtime.