

HOW TO USE

Daily Rhythm Worksheets

Welcome! This daily flow schedule is designed for the family that wants to balance flexibility and consistency. Having a series of events that happen in succession everyday (we'll call it a daily flow) can give families the best of both worlds. We've included an example of what one family's daily flow might look like. Your family's flow will look uniquely yours which is why we've also included a blank, daily-flow sheet for you to create the rhythm that works best for you. We recommend printing out a blank one and then laminating it. The laminated sheet will allow you to write on it and make changes as needed.

Ideas for ways to make it yours. We've only given you 9 spaces - which we know might not be enough. Find what works for you. Here are a few ideas for ways to modify the sheets.

- Some families find it useful to print two cards: one for the morning flow and one for the afternoon.
- Maybe you want one for each day because your flow varies depending on the day.
- Perhaps you want one for each child because having everyone doing the same thing at the same time doesn't work for your family.

Time Ideas: Here are some ideas for times you may like to include in your daily flow. Now, before you give in to the little voice that wants to guilt you into making time for everything everyday - pause. You will not be able to do it all everyday. So allow yourself to prioritize based on your reasons for homeschooling and what your family needs to function best.

What other amazing ideas do you have for your family's daily flow?

- **Independent school work**
- **School work with a parent**
- **Screen time**
- **Outside time**
- **Meals & snacks**
- **Gardening**
- **Friend time**
- **Story time**
- **Spiritual growth**
- **Movement / exercise**
- **Academic subjects (math, English, history, science)**
- **Music**
- **Chores**
- **Morning / Evening Routines**
- **Community activities**
- **Art**
- **Journaling**

DAILY

Rhythm



Morning Routine

Morning Circle

English & Math

Free Time

Lunch

Community Activity

Free Time

Science & Social Studies

Evening Routine

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