



COVID-19

AT HOME DAILY FAMILY ROUTINE

Covid-19 Containment Wellness Tips; At Home Daily Routine Template-Print and Stick A day at home with the little ones can be a nightmare without routine, structure and fun! Our Wellness Coaches have created a print and stick timetable for you to give your days the perfect blend of activities. You can get the family involved in editing it to make sure it suits your individual household perfectly!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 - 08:00 am	<ul style="list-style-type: none"> Wake-up Change out of Pyjamas Wash my face Make my bed Eat my cereal 	<ul style="list-style-type: none"> Wake-up Change out of Pyjamas Wash my face Make my bed Eat my cereal 	<ul style="list-style-type: none"> Wake-up Change out of pyjamas Wash my face, brush my teeth Make my bed Eat my cereal/porridge 	<ul style="list-style-type: none"> Wake-up Change out of pyjamas Wash my face, brush my teeth Make my bed Eat my cereal/porridge 	<ul style="list-style-type: none"> Wake-up Change out of pyjamas Wash my face, brush my teeth Make my bed Eat my cereal/porridge
Morning Prep 08:00 - 10:00 am	<ul style="list-style-type: none"> Math: Learn the Two Times Table & practice division. Start a holiday project e.g. building a spaceship. 	<ul style="list-style-type: none"> Study Science & Tech. Practice Ndebele or Shona. 	<ul style="list-style-type: none"> Math: Addition & subtraction practice Agriculture: study & start a project e.g. grow beans 	<ul style="list-style-type: none"> Science: Do practice questions FARME: Do practice questions 	<ul style="list-style-type: none"> Heritage & Environmental Science: Study
Tea Time 10:00 - 11:00 am	<ul style="list-style-type: none"> Tea or milk & whole wheat bread boiled egg + tomato. Help tidy up the kitchen. 	<ul style="list-style-type: none"> Tea or milk & whole wheat bread boiled egg + tomato. Help tidy up the kitchen. 	<ul style="list-style-type: none"> Tea or milk & whole wheat bread + Peanut butter Help tidy up the kitchen. 	<ul style="list-style-type: none"> Tea or milk & whole wheat bread chicken livers + onion, tomato, green peppers Help tidy up the kitchen. 	<ul style="list-style-type: none"> Chocolate & banana muffins + plain yoghurt Help tidy up the kitchen.
Mid Morning Prep 11:00 - 1:00 pm	<ul style="list-style-type: none"> Write an English story. Read a book. 	<ul style="list-style-type: none"> Art activity: drawing & colouring or painting. Read a book. 	<ul style="list-style-type: none"> Shona or Ndebele comprehension Read a book 	<ul style="list-style-type: none"> English comprehension Read a book 	<ul style="list-style-type: none"> Art Activity: making paper mache Read a book
Lunch 1:00 - 2:00 pm	<ul style="list-style-type: none"> Butternut + mincemeat + mixed Veggies e.g carrots, green beans. 	<ul style="list-style-type: none"> Brown rice + sugar bean curry (leftovers) + tomato & cucumber salad. 	<ul style="list-style-type: none"> Pasta+chicken stew (leftovers) +carrot, cucumber & tomato salad 	<ul style="list-style-type: none"> Creamed potato & vegetable soup 	<ul style="list-style-type: none"> Mutakura (beans, samp, peanuts, cow peas)
Afternoon 2:00 - 4:30 pm	<ul style="list-style-type: none"> Outdoor or indoor play time Snack: 1 fruit Bath time 	<ul style="list-style-type: none"> Outdoor or indoor play time Snack: 1 fruit Bath time 	<ul style="list-style-type: none"> Outdoor or indoor play time Snack: 1 fruit, small handful of nuts Bath time 	<ul style="list-style-type: none"> Outdoor or indoor play time Snack: 1 fruit, small packet of maputi Bath time 	<ul style="list-style-type: none"> Outdoor or indoor play time Snack: 1 fruit Bath time
Evening 4:30 - 6:30 pm	<ul style="list-style-type: none"> Family boardgame time e.g. monopoly or a Singing competition 	<ul style="list-style-type: none"> Family movie time 	<ul style="list-style-type: none"> Family general knowledge quiz 	<ul style="list-style-type: none"> Family outdoor time e.g. gardening, playing soccer or indoor time e.g. baking 	<ul style="list-style-type: none"> Family movie time
Dinner 6:30 - 7:30 pm	<ul style="list-style-type: none"> Meat Free Monday Brown rice + sugar bean curry + coleslaw salad. 	<ul style="list-style-type: none"> Sadza + green veggies + chicken stew 	<ul style="list-style-type: none"> Boiled or roasted potatoes + pan-fried tilapia with parsley sauce + mixed veggies 	<ul style="list-style-type: none"> Brown rice with dovi + Mincemeat + Spinach 	<ul style="list-style-type: none"> Sadza + Spicy soya stew + Cabbage & carrot
7:30 - 8:00 pm	<ul style="list-style-type: none"> Brush your teeth Put on pyjamas Bed time story 	<ul style="list-style-type: none"> Brush your teeth Put on pyjamas Bed time story 	<ul style="list-style-type: none"> Brush your teeth Put on pyjamas Bed time story 	<ul style="list-style-type: none"> Brush your teeth Put on pyjamas Bed time story 	<ul style="list-style-type: none"> Brush your teeth Put on pyjamas Bed time story
8:00 pm	<ul style="list-style-type: none"> Bedtime 	<ul style="list-style-type: none"> Bedtime 	<ul style="list-style-type: none"> Bedtime 	<ul style="list-style-type: none"> Bedtime 	<ul style="list-style-type: none"> Bedtime

Keep an eye on your email for more tips on healthy eating, family activities and general wellness during this period. Together, we make a difference!

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