



DISCOVER



PLAY



ENGAGE



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PLANNER

Printable Blank Planner to Continue
Planning Weeks of Activities



How to Plan Each Week

Every weekend I try to make a plan of activities for the coming week to start on Monday.

I start with the 'My Child' sheet. I fill one out for each of my kids and what they're into at the moment. I use this as my guide to plan our activities accordingly.

With each of my kids' interests, I brainstorm 7 activities to do that week. I jot them down on the simple 'Activities To Do This Week' planner.

For preschoolers, I try to include the following in each week:

- gross motor activity
- fine motor activity
- craft
- art project
- outdoor activity
- family activity for Sunday

I always try to keep in mind what's on our calendar. I don't want to overextend myself or my kids with a big activity that takes too much time to prepare or execute on a day that we already have plans.

Having the supply list filled out ahead of time makes it easier to get the activity ready. Though I usually do activities with supplies on hand, this way I know, at a glance, what materials I need for today's activity. I can quickly set up before I invite the boys to join the activity! (When I announce an activity, they're excited and at my feet within seconds!)

That's it.

I hang my *Activities to Do This Week* on the refrigerator. As we do the activities each day, I check them off. It gives me a sense of accomplishment.

This planner works great for us. Try it through the course of these five weeks and give me your feedback. I want to know how it works for you.

Email me anytime at
jamie@handsonaswegrow.com

Family Time Tip:

Leave Saturday and Sunday open for things to do as a family (like a movie night or game night).



ABCs *of being a*
hands on
MOM



Gross Motor / Movement:



Fine Motor:



Sensory:



Crafts:



Arts Projects:



Just for Fun:



My Child is Playing with:



My Child is Learning:



How My Child is Playing:



My Child is Asking About:



Planner: *Activities to Do This Week*

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Supplies:
