

Today: \_\_\_\_\_

## RESOURCES FOR: ME, MY KIDS, MY FRIENDS...

LIFE EVENTS	FOR	ONLINE PROGRAM	FOR
6am _____	_____	_____	_____
7am _____	_____	_____	_____
8am _____	_____	_____	_____
9am _____	_____	_____	_____
10am _____	_____	_____	_____
11am _____	_____	_____	_____
12pm _____	_____	_____	_____
1pm _____	_____	_____	_____
2pm _____	_____	_____	_____
3pm _____	_____	_____	_____
4pm _____	_____	_____	_____
5pm _____	_____	_____	_____
6pm _____	_____	_____	_____
7pm _____	_____	_____	_____
8pm _____	_____	_____	_____
9pm _____	_____	_____	_____

### ONLINE TOOLKIT CHECKLIST

- ☐ Notebook to "mine the gold"
- ☐ Warm or cool beverage
- ☐ Household Communication... "does everyone Know?"
- ☐ Helpful worksheets, your favorite pen
- ☐ Mindfulness, Presence, Focus
- ☐ Breaks and Pauses in-between (every 90 minutes)

