WINTER BREAK 2026

Kids' Daily Schedule

a simple rhythm for slow holiday days

8:00	Breakfast & get dressed ☐
9:00	Outside play / walk ☐
10:00	Reading time ☐
11:00	Craft or Lego ☐
12:00	Lunch ☐
1:00	Quiet time ☐
2:00	Board game ☐
3:00	Snack & helper job ☐
4:00	Free play ☐
5:00	Screen time ☐
6:00	Dinner ☐
7:00	Bath & bedtime story ☐

"I'M BORED!" • PICK ONE

Boredom Buster List

20 screen-free ideas for winter break

1. Build a blanket fort
2. Make paper snowflakes
3. Bake cookies
4. Indoor scavenger hunt
5. Write to a friend
6. Puppet show
7. Dance party
8. Draw a comic
9. Play I-spy
10. Make playdough
11. Do a puzzle
12. Nature walk
13. Ice painting
14. Card games
15. Start a journal
16. Build a marble run
17. Kindness cards
18. Freeze dance
19. Cardboard city
20. Sock snowmen