

DAILY SCHEDULE

7AM

PARENT QUIET TIME - Whether or not we are in the middle of a pandemic, we all need to start our day with time with God. Especially as a parent. During your quiet time, make sure there is prayer, fellowship with the Lord, and daily Bible intake. This is also a great time to model a quiet time for you children. They can join you in your quiet time, or help them along with their quiet time with the Kids Devotional Resources below.

If you're not reading along with Our Daily Bread you're missing out! Sign up today!

[Daily Bread](#)

[The Bible App Daily Devotionals](#)

[7 minutes with God from DHC](#)

[Proverbs31.org](#)

[First 5](#)

[Bible App For Kids](#)

[Kids Devotionals from Orange](#)

If you need prayer for anything, our staff and volunteer prayer team lift up each and every prayer. Using the [Connect Card](#), you can submit your prayers and we will join you in lifting them up to the Father.

8AM

Morning Routine and Prayer Time! - If you have kids under two, we know you've already been up for five hours. Or if they are teens, you may have 5 more hours of them asleep. Just play along. Get Dressed. Make the bed. The normal things

During the morning routine, spend time thanking God for all he has given you-from a roof over your head to clothes to food.

Once all the family members are done with their morning routine, spend some time praying together. We have some suggestions for you below!

- Start with Gratitude: Thank God for all He has provided for us today and for our community
- Pray for Others: World, Country, Community Impacts from the virus and world health
- Pray for family/friends/self: specific things we need
- Pray for God to show you how you and your family can be used and be on mission for Christ during this season!

9AM

Get Moving, and if its nice, get outside - Grab a light jacket, an umbrella, or whatever else you need and get outside! Take the dog for a walk or ride your bike. The fresh air will do you good. So will [Psalm 8](#). And don't worry, if it is a rainy day, we have activities that you can do indoor too!

[Play60](#)

[Cosmic Kids](#)

Check out Pinterest for more indoor and outdoor ideas!

10AM

Academics and Learning Time - Keep your kids on track even with extended time out of school. Be sure to check with your local school and see if they have additional resources or recommendations while your children are out of school. And if your child is not quite in school yet, we have activities for them too!

[*We Are Teachers*](#)

[*Brain Break Activities*](#)

Pinterest is full of fun activities for younger kids

[*Indoor Toddler Learning*](#)

[*Craft Boxes*](#) (while they are using the day's box, you can create the next days' bag)

[*Online Elementary Lessons*](#)

[*Scholastics Teach From Home*](#)

NOON

Lunch time!

1PM

Creative Time - Every Tuesday and Friday, Hill Country Children and Hill Country Students is sending out a daily challenge that everyone can participate in. We will be uploading the challenge to **Facebook and Instagram** at 10am. Make sure to share a video or picture of the challenge with us on Facebook or Instagram using the hashtag **#hbcfamilychallenge**.

If you have completed the challenge already, this is a great time to finish a project from Academic/Learning Time. Or, spend creating something from a Lego tower to a coloring sheet to a bird house!

Pinterest (we know, but it is a great resource!) is a great place to start if you are the not so creative type

2PM

Rest and Quiet Time - Time for them (and you) to get some sleep. And if they are an only child, you both definitely need some time apart. Even if they are past the nap stage, it is worth taking this time to wind down, practice rest (whether that is reading a book or twiddling your thumbs), and remind yourself that God is in control of all.

[*Remember Who Reigns*](#)

3PM

Daily Chores - Your mom was right. An [*Indiana University study*](#) proved that people with clean houses were more physically active than those with untidy homes. So, grab a mop and get everyone in on the cleaning act. Fun tip: Set a timer and start a cleaning race with your kids.

Never had chores in the house for your kids? Now is the time to start! It is also a great time to break out your FPU resources and talk to your kids about stewardship and taking care of what has given us. And for your older kids who think chores are for kids, have them help with some bigger projects. Need that bathroom repainted? Lawn full of weeds? Now's the time to get it done. Bonus if Dad can teach your kids how to do common home repairs before sending them off as adults into the world.

[*FPU Jr. Experience Kit*](#)

4PM

Neighboring and Connect - Text, call, FaceTime, or find a creative way to connect with your neighbors and extended family each day. You could also offer your help in delivering paper towels, food, or any other supplies to elderly neighbors or family or others at greater risk. This is our opportunity to be the church and serve those in our community.

5PM

Free Play – You made it to some unstructured time! You can pull out those screens and allow your children some time on the screens that is not learning or connecting with others. Or maybe they want to go enjoy this spring weather in the yard, go for it! And you probably need some free time too. Get some of your work done, take another nap (no judgment), reconnect with your spouse, spend more time with God. Be sure to every once in a while do something that brings you joy.

6PM

Dinner and Devotional – this is a great time for you and the whole family to connect and debrief the day. And, to have your family devotional time (we can't go to restaurants or sports, so where else will you get your food from?). We have some conversation starters and devotionals for you below

[Would You Rather Questions](#) (make sure to ask why at the end)

[Conversation Starters](#)

- Recap the Day Questions (Parents point out specific great behaviors and characteristics of kids that day. I noticed you...)
 - o What's the most exciting thing you did today?
 - o What was the most challenging part of today?
 - o What's something you'd like to learn more about?
- Check on Their Heart Questions
 - o How are you feeling? Help kids put their worries or challenges into words and emotions
 - o What do you miss the most about (school, our normal routine?)
 - o How do you think we can help fill the gap?
- Living On Mission Questions
 - o How can we serve each other and our community in specific way today or tomorrow?
 - o How can we be on mission for Jesus during this time
- Use this time to talk about the Sunday sermon or your child's age specific lessons from our website

[Hill Country Students Online](#)

[Hill Country Children Online](#)

[Watch the Sermon](#)

Gratitude Tree/Display

- Create a tree where you each go around at dinner time and say 1 thing you are grateful for today. Everyone puts a leaf (sheet of paper or post it note) on the tree or display them somewhere in the home as a daily reminder of good things from God.

7PM

Game Time! - You've worked hard, so grab a board game and enjoy a little friendly competition. Need ideas for games? Ask every member of the family to put a few ideas in a bowl and pick one each night.

A wise man once said, "Winning isn't sweet unless losing is painful." So why not Farkle and require the loser of tonight's competition to complete a consequence of the winner's choosing?

Here are a few fun farkle consequences:

- Loser has to run outside and sing "Happy Birthday" in the front yard every hour on the hour all day tomorrow
- Loser has to record a video of themselves rewriting the lyrics to a popular song to make it funny and then send it around to family, friends, or their small group.
- Loser has to cluck like a chicken anytime anyone says a particular word or phrase.

8PM

Bed Time! - You made it! As you're getting ready for bed, thank God for the *gift of rest*.



HILL COUNTRY
BIBLE CHURCH