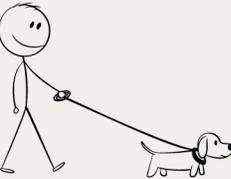


WEEKLY CONTENT LEARNING CALENDAR

Note: _____

Goals: _____

MONDAY



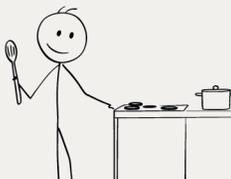
Topic/Focus
SELF-CARE

Content Type
COUNTING STEPS

Caption
EXERCISE FEELS...

Tip of the day
Get moving with exercise, the best mood booster and energy source! It's key to a healthier life and clears your mind!

TUESDAY



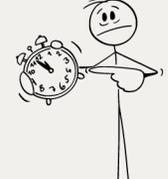
Topic/Focus
COOKING

Content Type
RECIPE VIDEO

Caption
FOOD SMELLS...

Tip of the day
Explore the joy of cooking together and discover how a pinch of passion can turn any meal into a masterpiece.

WEDNESDAY



Topic/Focus
TIME MANAGEMENT

Content Type
PRODUCT DESIGN

Caption
MY TIME IS...

Tip of the day
Time management isn't just about ticking off tasks—it's about enjoying every second and finding happiness along the way!

THURSDAY



Topic/Focus
★ EAM HEALTH

Content Type
JOURNAL WRITING

Caption
MY WORDS CAN...

Tip of the day
Using pen and paper provides a comforting space for your brain to relax, helping you organize thoughts and feelings.

FRIDAY



Topic/Focus
MONEY BASICS

Content Type
BUDGET PLAN

Caption
MONEY GIVES.

Tip of the day
Mastering the art of money management can be a yellow brick road, paving the path to financial freedom and a life of prosperity!

DRAW YOUR OWN STICKFIGURE

Faith Focus
GRACE

Bible Connections
Read one verse & apply it.

Real World Application
Tap into a well of grace this week as a Christian homeschooler, ready to tackle the ups and downs of learning with a heart full of compassion and a mind open to understanding!

THOUGHT OF THE WEEK
Grace is the unearned favor that supports us through trials and lifts us in weakness, reminding us we are never alone.

★ EMOTIONAL AND MENTAL HEALTH

ACCOUNTABILITY

MONDAY
WRITE DOWN STEP COUNT

TUESDAY
SHOW/TASTE WITH FAMILY

WEDNESDAY
REFLECT AT NIGHT

THURSDAY
SHARE THOUGHT AT DINNER

FRIDAY
PRESENT PLAN TO PARENT
