Our Daily Rhythm

a pattern for the day, not a clock





Gather and pray Bible, a psalm, a hymn, prayer

From _____ to _____ We will _____



Basics math and language while minds are fresh

From _____ to _____ We will _____



Fresh air and a break outdoors, a snack, move around

From _____ to _____ We will _____



Learning together history, geography, read-aloud

From _____ to _____ We will _____



Lunch and chores the whole family helps

From _____ to _____ We will _____



Quiet time reading alone, rest for little ones

From _____ to _____ We will _____



Craft and practice art, music, handwriting, projects

From _____ to _____ We will _____



Evening together supper, family worship, a story

From _____ to _____ We will _____

> In the morning, O LORD, You hear my voice; at daybreak I lay my plea before You and wait in expectation.
>
> Psalm 5:3 BSB