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How to Use

Explore

Please don't get overwhelmed by the amount of resources in this document! I hope it has something that can be used for every family dynamic. If you take time to browse through it and see what is available, I hope topics that apply to you will stand out. Refer to the *Instructions* on pages 11-14 for more information and ideas for using each resource.

Choose Resources and Make a Plan

Decide what approach will work best for your family and what resources you would like to use. Fill out page 15, *Our Family Plan to Thrive at Home Together*, with the resources you will use for establishing rules, schedule and routines, responsibilities and accountability, reward system and when you will hold family meetings. Fill out and print desired documents and staple or put in a family notebook.

Share your Plan with Your Family at a Family Meeting

Invite everyone to come to a family meeting and share your plan. Ask for their commitment and support and also, if you have kids like mine, you will need to explain why you would like to be more organized and the benefits you hope will come from carrying out your plan. Including page 44, *Ten Attributes Needed to Thrive at Home Together*, in your meeting can encourage every family member to do their part to develop and live in a way that makes life easier and more enjoyable for everyone.

Have One on One Meetings and Make Accountability Notebooks

Make an Accountability Notebook for each child and have a one on one meeting to establish expectations, make personalized education plans and coach and guide them through setting their own goals. See *The Quick Way to Make an Accountability Notebook* on Page 10.

Make Your Own Plans for How to Deal with Setbacks

I recommend reading pages 46-49 for a *Tool Belt to Handle Almost any Situation* and for a place to write your own action plan for dealing with stressful situations and setbacks that will for sure happen.

Follow Through with Your Plans

Start your plan! Remember you have to have a normal to have an abnormal. Consider taking a week to be strict about establishing the routines, flexible schedule and expectations for tasks you hope to have. After that first, focused, consistent week, do something fun together to celebrate! After "normal" is established you can then be more flexible (for example: "It's a beautiful morning, let's go on a bike ride before we study today!") and you have a normal routine of expectations to come back to. Stay positive and hopeful as new rules, routines and schedules will take a few learning curves to get use too. Once they are established they will make your life go smoother, help you and your kids be more productive, and give you more time and space to enjoy life together!

Thriving at Home Article

Supplemental Materials List

Meet your kid's emotional needs first.

A Tool Belt to Handle Almost Any Situation

[Pages 46-48]

My Action Plan for Dealing with Stressful Situations [Page 49]

Ways to Meet Kid's Emotional Needs [Pages 50-51]

Ten Attributes Needed to Thrive at Home Together [Page 44]

Set up a schedule that is *flexible*.

Family Routines [Page 23-25]

Daily Flexible Schedule [Page 36]

Weekly Schedule and Quality Family Time [Page 37-38]

Encourage kids to be self motivated with goals.

Long-Term Goals [Page 18-19]

Weekly Goals Written Down on

Accountability Cards [Pages 30-33]

Write out clear expectations with finish lines.

Prioritized Daily Tasks Written on Accountability Cards [Pages 30-33]

Household Chores [Pages 26-28]

Mealtime Responsibilities [Page 29]

Big Goal, Small Tasks [Page 22]

Motivate with the natural reward of guided free time.

Create Your Own Guided Free Time List of Approved Activities (see ideas in Instructions) [Page 43]

Reward System Ideas [Page 34]

Ten Minute Break Ideas [Page 41-42]

Supplement their studies with a unit study on a subject they choose that interests them.

Personalized Academic Plan [Page 20]

Challenges and Privileges [Page 21]

Make daily chores, cooking and mealtime responsibilities part of their day.

Mealtime Responsibilities [Page 29]

Establish a quiet time in the afternoon.

Quiet Time Ideas [Page 35]

Have regular accountability meetings.

Accountability Cards [Page 30-33]

Reward System Ideas [Page 34]

Have older kids tutor younger ones.

Parent Child Contract [Page 17]

Reward System Ideas [Page 34]

Turn Phones and Other Electronics in During Study Hours

Family Rules and Consequences [Page 16]

Parent Child Contract [Page 17]

Find ways to balance out structure with spontaneity.

Creative Ideas to Color Your Days [Pages 39-40]

Ten Minute Break Ideas [Page 41-42]

Our Family's Favorite Resources [Page 45]

The Quick Way to Make an Accountability Notebook

Quick Family Structure Notebook

- A quick Family Notebook can be made by printing pages:
15-16, 19, 23-26, 29, 36-38, 45, 49

Kid's Personal Accountability Notebook

- *A quick Accountability Notebook can be made by printing pages: 17-18, 20-22, 25, 28 + Accountability Cards.*
 - Accountability cards (Pages 30-33) have different format options for printing, they can be printed two per page front and back or just one page with both daily and weekly on the same side. Cards formatted for 3 by 5 can be found as a separate file on lollysoulier.com.
 - Best for school age kids who can read and write well, ages 6-18. Younger kids can have pages that are written for them if they are learning to read or can use clip art pictures found online and filled in on their charts to represent their tasks.
 - Some pages you may want to print multiple copies of for your child's specific needs. (For example; Big Goal, Small Tasks).
 - Alternatively, you can copy these pages into another document with their name on it and fill them in by typing on the computer. This way you can access them and print them again, already filled out, later or access them on a tablet or device.
- *Staple or hole punch and put in a notebook.*
 - Inviting kids to design and do art for the cover with their name on it can make it a fun project and help them get involved!
- *Have a one on one meeting and fill out the pages together.*
 - Set expectations for behavior, make a contract, coach them through setting their goals and educational plans by expanding their vision to include more options.
 - Write out specific tasks with finish lines for each of their academic studies each day.
 - Write or type daily tasks and weekly goals on an Accountability Card for the week.
 - Don't worry if one of the pages doesn't work well for you! Just use the ones that work for your purposes. The notebook can be as simple or intensive as you chose, whatever meets your family's needs and desires. It can be as simple as Accountability Cards and a Chore Chart!
- *Choose and establish a Reward System (see page 34)*
 - Focusing on what your HOPES are for behavior, responsibilities, etc. and giving them your attention instead of just punishing the negative is a very powerful motivator! Good behavior goals can be encouraged using a the Challenges and Privileges Chart on page 21. Print Reward System Charts or other materials as desired from pages 53-56.

– Accountability Card Sample for a 13 Year Old –

Color coded daily responsibilities give them a finish line, they get free time until lunch when orange are done, and free time until dinner when green are done, blue are checked at bedtime. Designed for double sided printing and available as a 3 by 5 card or half page size.

Accountability Card: Daily Responsibilities	S	M	T	W	T	F	S
Morning Jobs: Make bed, say prayer, brush teeth & hair, get dressed							
Daily Chores							
Academic Studies							
Exercise for 30 Minutes							
Piano Practice for 30 Minutes							
Quiet Reading Hour, Fiction and Nonfiction							
Work on Project Goal							
Act of Service							
Kept Family Rules							
Completed Mealtime Responsibilities All Day							
Healthy Eating Goals and Eight Glasses of Water							
Bedtime Jobs: Brush Teeth, Pajamas, Scriptures, Prayers, Journal, Read in Bed							

– EXAMPLE CARD for a 13 Year Old –

Weekly Goals	Done
Bike Three Times and Do Superman Cards and Dumbbells Twice	
Review Math Facts and Spanish Memorization Once a Day	
Finish Reading “Seven Habits for Teens”	
Learn to Play “Fifth Street Rag” on the Piano	
Earn \$40 by Tutoring my Siblings and Mowing my Neighbor’s Grass	
Work on Being Better at Dealing with Change and Set Backs	
Weekly To Do List	Done
Call Grandpa Monday Night	
Submit History Assignments to my Education Specialist on Thursday	
Finish Writing my Language Arts Essay by Wednesday	
Mail a Birthday Card for my Friend by Friday	
Make a Stop Motion Video with my Brother on Saturday	



Below are a sampling of charts that are full size in the Thriving at Home eBook.

Family Household Chore Chart - Example

DAY OF THE WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AREA OF FOCUS	REST	Bathrooms	Kitchen and Garbages	Bedrooms and Laundry Room	Dusting, Windows and Blinds	Floors and Furniture	Yard, Cars, Garage and Porches
Name	REST	Wash Mirrors, Take Out Garbages	Wipe Down Large Appliances, Inside and Out	Tidy, Vacuum, Garbage Out, Dust, Laundry Away	Dust Baseboards, Surfaces & Blinds and Wash Windows in Family Room	Wipe Down and Spot Clean Furniture in Family Room	Wipe Down Surfaces in Family Car
Name	REST	Scrub Toilets, Inside and Out	Deep Clean Kitchen Sink and Counters	Tidy, Vacuum, Garbage Out, Dust, Laundry Away	Dust Baseboards, Surfaces & Blinds and Wash Windows on Loft	Sweep and Mop Entry Way	Wash Windows in the inside of Family Car
Name	REST	Sweep and/or Scrub Floors	Wipe Down Cabinets and Disinfect Handles	Tidy, Vacuum, Garbage Out, Dust, Laundry Away	Dust Baseboards, Surfaces & Blinds and Wash Windows in Kitchen	Vacuum & Spot Wash the Stairs	Vacuum Family Car
Name	REST	Wipe Down Cabinets and Disinfect Surfaces	Scrub Range and Clean Out Oven, Wipe Down Small Appliances	Tidy, Vacuum, Garbage Out, Dust, Laundry Away	Dust Baseboards, Surfaces & Blinds and Wash Windows in Most Room	Vacuum & Spot Wash Loft and Hallway	Sweep Out the Garage and Front Porch
Name	REST	Scrub Sinks and Counter	Sweep and Mop Floor	Tidy, Vacuum, Garbage Out, Dust, Laundry Away	Dust Baseboards, Surfaces & Blinds and Wash Windows in Laundry & Entry	Vacuum & Spot Wash Family Room and Rugs	Trim Bushes and Weed Front Yard



Ahoy Mates!

See how many pirate doubloons you can collect. Check off one Pirate doubloon every time the challenge is complete.



Collect all these doubloons and a surprise will be yours!



Privilege Cards

Movie Night 	Game Night
New Clothing Item (Within Budget) 	Special Outing
Favorite Dinner 	New Book
Day off of Chores 	Video Games
Favorite Dessert 	Privilege of Your Choice



Reward Tickets



GO FOR THE GOLD
OLYMPIC EVENTS
 HOW TO EARN POINTS

-
-
-
-
-
-
-
-

Gold Medal
 Points Required: _____ Reward: _____
 Silver Medal
 Points Required: _____ Reward: _____
 Bronze Medal
 Points Required: _____ Reward: _____



Our Family Routines - Example

Morning	Afternoon	Evening
7am Wake Up, Morning Jobs and Mealtime Responsibility	12:00pm Lunch; CNN10 News and Spanish Memory Work	6pm Dinner
7:30am Family Prayer and Scripture Study	1:00pm Quiet Time	Evening Activities
8:00am Breakfast and Daily Chores	2:00pm Instrument Practice and Projects	8pm Family Prayer & Gratitude Share
8:30 Exercise	Guided Free Time or Activities until Dinner	8:30pm Dad Read Out Loud (Puzzle, Building Toys, Crafts or Quiet Projects)
9:00 am Academic Study Time		9pm Lights Out
Guided Free time until Lunch		

