



Winter Break Routine for Kids

A flexible daily rhythm without turning break into school

Our simple winter-break rhythm

- ☐ Wake up + get ready
- ☐ Breakfast + one small household responsibility
- ☐ Move your body / outside time
- ☐ Free play, hobby or creative time
- ☐ Reading / learning touchpoint (optional)
- ☐ Lunch + reset shared spaces
- ☐ Family plan / outing / friends / quiet time
- ☐ One helpful task before screens or gaming
- ☐ Dinner + family connection
- ☐ Evening reset for tomorrow

Keep only 3 anchors if your family needs less structure

Example: wake window + one responsibility + evening reset.

Break should still feel like break.