

# MONDAY-FRIDAY *SAMPLE*

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## MORNING PRAYER

### Saint of the Day

- **Franciscan Media** Visit [franciscanmedia.org/sod-calendar](http://franciscanmedia.org/sod-calendar) for a calendar of the saints for each day. You can click on the saint for that day and read/listen to their story!

### Spiritual Resource

- Here we recommend incorporating one of our recommended spiritual resources to start your morning with faith!
- On page 9 we provide you spiritual resources such as prayer, a few moments in a live stream adoration, visiting Lourdes via live stream where Mary appeared to Bernadette, praise and worship, or more!

## 9-10AM

### Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

## 10-10:15AM

### Faith Fitness

*Having healthy habits can be difficult, especially when you are stuck in the house. Try this Faith Fitness to get your child(ren)'s heart pumping!*

- **Jumping Jesus** How many jumping jacks can you do while you pray the Our Father?
- **Stairway to Heaven** Mary is there to help us get to heaven. How many high knees can you do while you pray the Hail Mary?
- **Lift Up Others** Think of ten people you want to pray for. Do one push up for each of them!

- **Glorious Sit Up** How many sit ups can you do while you pray the Glory Be?
- Optional Backyard Activity: **Guardian Angel Relay Race** Your Guardian Angel is always by your side. Whose will fly faster? Race your siblings to see who will win!

Think you can beat your record? Try it again!

## 10:15-11:30

### Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

## 11:30-1PM

### Lunch

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

### Uplifting Activity

- It is important that, though stuck indoors, we provide our child(ren) with opportunities to learn more about people, places, and events within our communities, state, country, and world. See our Uplifting Activities Resource page (pg. 11) to find all the places your child can visit from home!

## 1-3PM

### Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

## 3-4PM

### Learn at Home

- Sometimes it is important to provide our child(ren) with ways of learning outside the classroom norm. Visit our Learn at Home resource page (pg. 13) with different academic resources available to you for continued academic growth!

## 4-6PM

### Dinner

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.
- **Family Fellowship** We all know sometimes planning and preparing dinner can be a hassle. Try using this time to bond even more with your child(ren)! Assign them certain tasks to help you prepare and cook dinner. Have them set the table so that you can all eat together and discuss your day, something new that they learned, etc. Do the dishes together to some music in the background to make this chore more fun and a memorable wrap up to your evening.

## 7-8PM

### Faith Formation

- **Family of Faith** With more freedom in our day-to-day schedules, let us use this opportunity to grow in the faith together with our child(ren).
- See our Faith Formation Resources page (pg. 12) for all the ways you can continue your child(ren)'s faith formation from home!

## BEFORE YOUR HEAD HITS THE PILLOW

### Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.
- **Sample Bedtime Prayers**
  - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.

- **Angel of God Prayer** Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.
- **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love's sake. Amen.