

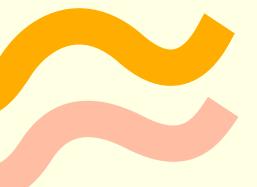
# The Busy Parent's

# MEANINGFUL MEMORIES ANNUAL PLANNER

for the fast paced preschool years!

- DECLUTTER YOUR MIND
- PARENT WITH CLARITY
- TAP INTO YOUR FAMILY POTENTIAL
- CONQUER THE PROCRASTINATION
- CREATE A CHILDHOOD FILLED WITH

happiness







# HI THERE CHAOS COORDINATOR!

# WE ARE LOOKING FORWARD TO WORKING WITH YOU.



At Peake Academy Preschool-At-Home, we are committed to fostering an enriching and accessible early childhood experience, right from the comfort of your home.

#### OUR FOUNDATION

Founded on the rich legacy of Peake Academy and Play Boutique, Peake Academy Preschool-At-Home embodies more than 25 years of exceptional educational expertise and innovative learning approaches that our Founder, Kelley Peake brings with her profound experience and insightful leadership in early childhood education. That combined with the high level of experience of our amazing teaching team have been the cornerstones of our philosophy and curriculum design.

#### **OUR PHILOSOPHY**

We believe that every child deserves a strong start in life, and education plays a pivotal role in shaping young minds. Our approach integrates play-based learning with structured educational frameworks, ensuring a balanced and comprehensive development for preschoolers. Our curriculum is meticulously crafted by experienced preschool teachers to cater to the unique learning needs and curiosity of young learners.

#### OUR APPROACH

At Peake Academy Preschool-At-Home, we embrace the diversity of learning styles and focus on individualized education. Our programs are designed to be flexible, allowing parents and children to engage in learning experiences at their own pace. We offer a blend of interactive, hands-on activities, and digital resources, ensuring a well-rounded educational journey for your child.

#### OUR COMMUNITY

We are more than just an educational platform; we are a community. Our team comprises passionate, experienced educators who are dedicated to creating a nurturing and developmentally appropriate learning experience you can deliver in the comfort of your own home. We believe these few preschool years are the most precious and aim to help you make the most of them by making amazing memories along the way.

#### JOIN US

Embrace the joy of learning with Peake Academy Preschool-At-Home. We are excited to be a part of your child's educational journey and look forward to welcoming you to our community. Explore our programs and join us in laying a solid foundation for your child's future.



## Make the Most of Your



## MEMORY MAKING Annual Planner

Embracing these magical years will give you and your family a lifetime of meaningful memories. When you learn to control the chaos as a confident parent today, you and your family will look back on a childhood filled with happy memories that laid the foundation for a lifetime love of learning and a life that resonates with the rhythm of your family's heartbeats. You can cultivate a life that gives you more time and freedom to truly create space for making these meaningful memories for your family.

#### DREAM By Design

Your goals for your family's memories are the seeds from which a life filled with happiness will bloom. Use the vision pages to paint a picture of the meaningful moments you hope to capture for your family as you dream by design.

With your vision as your north star, let's learn to prioritize with purpose. Your planner will encourage you to prioritize what is most important and what you enjoy spending your time on most vs just getting through your day.

#### 2 Embrace Each Day with GRACE

Every page is an opportunity to craft a childhood filled with happy memories that align with your overall goals. From daily planning to meal prep, let no detail be left to chance. Be sure you have made the most of this precious time that will fly by in a blink of an eye.

The important thing is to focus on alignment over perfection. Give yourself and your family grace when things do not go as planned or hoped. It is in those moments of grace that lessons are learned.

#### 3. Celebrate, Reflect, and GROW

The milestones, the birthdays, the quiet Sundays—every moment is a treasure. Your planner is a keepsake of the life you're creating. Use it today and know that in the years to come you will have made the most of these fleeting years with the happy memories to prove it.

As parents, we understand how the whirlwind of daily life can sometimes sweep us away from the precious moments that truly matter. Your hands are full, your schedule is bustling, and amidst all that, the playful laughter of your little ones can be easily missed. We've been there, too. That's exactly why we created the Time+Freedom Planner, a compass to guide you back to what's important—your family and their memories.

From the very bottom of our hearts, welcome to your rewarding preschool journey—a journey toward being purposeful with your time during these busy years that will give you more freedom and ensure that you experience all of the joy and happiness with your loved ones.

So, here's to you, for taking this brave step toward a life designed by intention and dreams. Here's to the laughter-filled mornings, the adventure-packed weekends, and the peaceful nights, knowing that you are creating a life rich with happy memories.

Let's embark on this journey together, with hearts full of hope and hands ready to shape the days ahead.

The Peake Academy Team

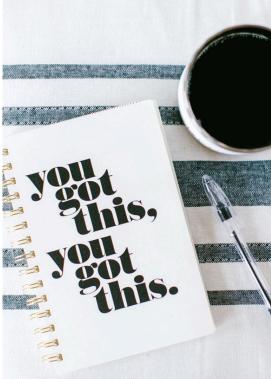


# MAKE THE MOST OF THESE PRECIOUS, FAST-PACED PRESCHOOL YEARS

# & CONTROL THE CHAOS

We are sharing some of our best early childhood experiences to help you lose the pressure and start guiding your child's preschool journey at home. You will have the clarity to give your child and your family the quality preschool experiences and achieve the confident, peace of mind you've been seeking as you build a childhood filled with happy memories.







LAY THE FOUNDATION FOR A LIFETIME LOVE OF LEARNING

# TABLE OF CONTENTS

# Dream By Design

Discover Your Why
Set Better Boundaries
Gratitude Reflections
Abundance Beliefs & Stories
Finding More Fun & Joy
Designing Your Family's Dream Life

# Simplify To Amplify

Prioritize With Purpose Focus on What Truly Matters Dreams with Deadlines

## **Find Your Focus**

Monthly Milestones
Weekly Action Plan
Structure Your Day for Success
Seasonal Check-Ins
Time Mastery Tools For Success

# Family First & Household Harmony

Quality Family Time Ideas
Scheduling Memory Making Fun & Adventures
Planning for Success in School
Meal Planning Made Simple
Cleaning Schedules to Tame the Chaos
Financial Freedom with a Monthly Budget Planner
Stress Reduction Techniques for the Whole Family

# The Magic Is In the Meaningful Moments

Personalized Celebrations Family Milestone Tracker Gratitude Log Your Family's Preschool Journey



# Dream By Design

Discover Your Why

Your personal WHY is the first step to helping you create a meaningful life. When thinking of your WHY, it is important to think of what you could gain and what you could lose. When it comes to living a Time+Freedom Lifestyle, with more time and freedom to shine, the WHY's. will help guide more purposeful decision making. And help you to break free from the overwhelm trap. Take a moment and imagine what is really important to you in the various areas of your life. This will help you see where you should be spending more of your time.

Be honest with yourself, what do you really want?

HEALTH

CAREER

FAMILY

OTHER



Boundaries

What are you tolerating in your family and life?

What will you do to stop allowing these things in the future?



What areas of your family and life cause you to feel stressed?

How will you reduce the stress?

(i.e., delegate, new mindset, etc.?)





# **Dream By Design**

# Gratifude Reflections

0.11	Gratitude List:
01:	
02:	
03:	
04:	
05:	
06:	
07:	
08:	
09:	
10:	
11:	

People I'm Thankful for:
01:
02:
03:
04:
05:

favorife memorils this past year



# Dream By Design Abundance Beliefs & Stories

List five words that describe your current beliefs toward family.

	GIFTS OF ABUNDANCE I am grateful for	
01:		
02:		
03:		
04:		
05:		
06:		
07:		

Where in our family life we are already abundant?

Write down any reasons why you believe you are not abundant

While abundance is often associated with money, it's not limited to financial thoughts.

bundance Affirmations



What areas or activities in your family life make you happy?

How will you incorporate more of those things this year?



How will you feel when you've reached your goals?

What accomplishments will you be most proud of?



# **Dream By Design**

# Designing Your Family's Dream Life

Begin with a purposeful Memory Making Family Plan. This is a powerful tool to bring your family's dreams into focus. Reflect on the values that drive you, the dreams that inspire you, and the relationships that mean the world to you.

Core Values What are the core values that define our family?				
V	what are the core vo	aides triat define od	r rairiny:	
	V			Core Values What are the core values that define our family?

#### **CONNECTION ROUTINES & FAMILY TRADITIONS**

Togetherness			
What activities bring us the most			
joy as a family?			

# **Growth**In what areas do we want to grow?

# Well-being What healthy habits/routines do we want to cultivate?

# Adventure and Exploration What new experiences do we want to explore?

# Achievements What accomplishments would make us proud?

# Contribution How do we want to support causes important to us?



FAMILY L and nigh and they	In order to achieve your goals, you need to work backwards by first describing your ic FAMILY LIFE. What would your days consist of? What would you do in the mornings, ex and nights? Where would you be and who would you be with? What experiences would they have? Remember, this is just an exercise to give you a vision to work toward not set in stone and can change as you go along.			
not set if	1 stone and can ch	ange as you go	along.	
<u></u>				 
***************************************				 

more questions to consider

Where do you live?
What kind of car do you drive now, or do you want to drive?
Describe your family.
What does your day-to-day look like?
What are the characteristics of your relationships?

How do others describe you and your family?
How do you want to spend your time?
What would a typical day look like?
What percentage of time do you spend working together outdoors, indoors, home projects, vacations, outings, etc.?



# Brillian thoughts

	GRATITUDE   LEARNINGS   THOUGHTS   ACHIEVEMENTS	
•••••		

"SUCCESS IS LIKING YOURSELF, LIKING WHAT YOU DO, AND LIKING HOW YOU DO IT."

Maya Angelou

# Simplify to Amplify

# **Pri**oritize With Purpose

Prioritization is about making choices that are right for your family's unique goals. Start by listing all the tasks, activities, and commitments you currently have. How are you and your family currently spending your time? Start to see what you focus on and prioritize as important.

Family	Marriage
Kids	Household
Self-Care	Extended Family
Friends	Career/Volunteer

Next, using this Time+Freedom Matrix, categorize each task based on if it is important and brings you or someone in your family joy and how much time it consumes. This process will help you visualize where to focus your time and what can be set aside or scheduled for later. It helps you see where your time is best spent and where you may be able to cut things out of your schedule.



Time+Freedom

# Joyful and Not Important

Activities that contribute to long-term goals and values of your family and do not have an immediate deadline.

## Important and Joyful

Tasks that need immediate attention and contribute to your families goals.

## Neither Joyful or Important

Low-value activities that often serve as distractions.

## Important but Not Joyful

Tasks that demand attention due to time sensitivity but may not necessarily align with your family's overarching goals.

TIME



Simplify to Amplify
Focus on What Truly Matters

d More Fun & Joy

What family activities bring joy and make everyone happy?

How will you incorporate more of those things this year?



How will you feel when you've reached your goals?

What memories will you be most proud of?





# Simplify to Amplify Focus on What Truly Matters

# bina Others

How our family can help and impact others.

Our Gifts & Opportunities	How can we share what we have?
Ways to share you with your famil Patrol, Join Family Charity Group	
Who do we v	want to help?
Groups, communities, or indiv	riduals we would like to help:
	14. 1
Who do we reach ou	t to to get started?
How important is Helping	g Others to our family?

but not **A PRIORITY**  not very

# Simplify to Amplify

## **Dreams with Deadlines**

Dreams with deadlines become goals, and goals lead to getting things done. Setting meaningful goals that align with your family's vision and values will help you achieve moments and memories you want to make during these busy years.

## Specific

What exactly do we want to achieve as a family?

"Enhance our children's reading skills."

#### Measurable

How will we know when we have reached our goal?

"Schedule 20 minutes of reading time each night before bed."

#### Achievable

Is the goal within our reach considering our current resources and constraints?

"Create a cozy reading space and choose engaging, age-appropriate books."

#### Relevant

Does this goal support our broader family vision and values?

"Reading together supports our goal of educational growth and family bonding."

#### Time-bound

When do we aim to achieve this goal?

"Evaluate progress at the end of each semester through school reports and feedback from teachers."

# Simplify to Amplify

# **Dreams** with Deadlines

Use this page as a template to brainstorm goals for you, your partner, your children, and your family as a whole. Then choose one goal for each to focus on during the year. Rinse and repeat as the goals are completed.

Specific What exactly and for whom?	
Measurable  How will we know when we have reached our goal?	
Achievable  Is the goal within our reach considering our current resources and constraints?	
Relevant  Does this goal support our broader family vision and values?	
Time-bound When do we aim to achieve this goal?	



# Brillian thoughts

	GRATITUDE   LEARNINGS   THOUGHTS   ACHIEVEMENTS	
•••••		

"THE MOST IMPORTANT THING IN THE WORLD IS FAMILY AND LOVE."

John Wooden

# **Find Your Focus**

# Mastering Your Time Management

Mastering time management is all about having a plan for the busy moments of your daily, weekly, and monthly activities. When you streamline your scheduling, you help ensure your goals are moving forward, that every family member's needs are met, and your future memories are being made.



## **Monthly Milestones: Big Picture Planning**

Ensure that the space for memory making isn't overtaken by inefficient tasks. Begin by zooming out to the monthly view where you can plot significant dates and deadlines. Here, you will break down your annual goals into achievable monthly milestones. Use this space to note the focus of each month, ensuring every goal is a stepping stone to your family's overarching vision.

## Weekly Action Plan: A Bird's-Eye View of Your Week

Design your week to provide a snapshot of seven days, allowing you to visualize work, family, and personal time for the week. Start by noting the key goals for the week that support your family's vision. Plan meals, track habits, and pencil in downtime. End the week with a reflection on your accomplishments and set intentions for the upcoming week.

## Daily Planning: Structure Your Day for Success

Each day is an opportunity for meaningful moments in your family's story. Begin by writing down the three most critical tasks for the day. Consider what must be done to feel accomplished by day's end. Then, allocate specific times for work, self-care, and family time. At the end of the day, take a moment to reflect on your achievements and jot down notes on what can be improved for tomorrow.

## Seasonal Check-ins: Aligning with Your Yearly Goals

As the seasons change, so will your family's needs and goals. Use the seasonal check-ins to assess the past months, celebrate progress, and recalibrate your plans. Reflect on the highlights, learn from the challenges, and set a course for the coming months that aligns with your family's growth and dreams.



# Find Your Focus Monthly Milestones

YEAR: Prioritize and plan based on the family areas of focus & your lifestyle goals. Can be monthly or quarterly.

AREAS OF FOCUS TO PRIORITZE	MONTHS:  Trusted Quality Experiences	Happiness Memories	Inspire & Empower
Family TOP PRIORITIES	NOW		
Marriage TOP PRIORITIES	NOW		
Kids TOP PRIORITIES	NOW		
Household TOP PRIORITIES	NOW		
Others TOP PRIORITIES	NOW		
Personal TOP PRIORITIES	FAMILY  PERSONAL  COMMUNITY		

# Find Your Focus Weekly Action Plan

MONTH:

"I expand in abundance, awareness, creativity, success, and happiness as I inspire those around me to do the same."

WEEKLY ACTION PLAN	CREATE	ENGAGE	GRACE	
	Trusted Quality Experiences	Happiness Memories	Inspire & Empower	
Monday	BIG 3 TASKS NEEDED			
AWARENESS	DELEGATE			
	AFTERNOONAGENDA		<u> </u>	
Tuesday	BIG 3 TASKS NEEDED			
AWARENESS	RESOURCES U			
	MORNING AGENDA  AFTERNOON AGENDA			
Wednesday	BIG 3 TASKS			
AWARENESS	NEEDED RESOURCES DELEGATE			
	MORNING AGENDA  AFTERNOON AGENDA			
Thursday AWARENESS	BIG 3 TASKS  NEEDED RESOURCES  DELEGATE  MORNING AGENDA  AFTERNOON AGENDA			
Friday  AWARENESS	BIG 3 TASKS  NEEDED RESOURCES  DELEGATE  MORNING AGENDA  AFTERNOON AGENDA			
Focus Goals	MORNING	AFTERNOON	EVENING	
ATTENTION & INTENTION	MEDITATIONS/EXERCISE  M T W T F	LUNCH/ERRANDS/CATCH U	P DINNER & FAMILY M T W T F	
2	BIZ HUSTLE/CREATIVE ZONE M T W T F	FAMILY HUSTLE/VOLUNTEER M T W T F	GROWTH & SPIRIT  M T W T F	

Find Your Focus Weekly Action Plan

Self Care	Saturday
Me:	
	Sunday
Family:	
,	
Community:	I Am Grateful For
Secondary Tasks or Things to	Remember: Need to get:
2-	
3-	
4- 5-	
BIG WIN LAST WEEK 🎉 LET'S CE	ELEBRATE!

# Find Your Focus Daily Planning



DATE: S M T W T F S

TODAY'S SCHEDULE	TOP PRIORITIES
6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	SELF-CARE
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	FAMILY
5-6 PM	
7-8 PM	
8-9 PM	
NOTE TO SELF	GRATITUDE

# **Find Your Focus** Seasonal Check-In











## Reflections on the Past Season

# Top Three Family Moments of the Season

01 02 03

Goals for the Upcoming Season 01 02 03

What Would Make It Even Better

# Find Your Focus Time Mastery Tools for Success

# **Quick Tips for Efficient Time Management**

Balancing family life with personal and professional commitments can feel like navigating through a storm. But with the right strategies, you can steer smoothly toward your destination. Here are some actionable tips to help you manage your time more effectively, ensuring that every moment counts toward building a life filled with joy, growth, and fulfillment.

### Start Your Day with a Plan

Each morning, take a few moments to outline the day ahead. Identify your top three priorities that need to be tackled for the day to feel successful. This focused approach ensures that your most important tasks get the attention they deserve.

## **Batch Similar Tasks Together**

Group similar tasks together to tackle them in one go. Whether it's responding to emails, making phone calls, or running errands, batching saves time and reduces the mental load of switching between different types of tasks.



Pro Tip: Look for ways to automate repetitive tasks or simplify your routines, like using meal planning.

#### **Use Time Blocks**

Allocate specific chunks of time to different activities or responsibilities. For example, set aside uninterrupted time blocks for work tasks, family time, and personal care. Time blocking helps in creating a balanced schedule that caters to all aspects of your life.

## **Delegate When Possible**

Share responsibilities with family members to distribute the workload. Delegation teaches responsibility and teamwork, and it also allows you to focus on tasks that require your specific attention.

# Find Your Focus Time Mastery Tools for Success

#### **Set Clear Boundaries**

Establish clear boundaries between work and personal time. When working from home, this might mean having a dedicated workspace and specific work hours. This separation helps in maintaining a healthy work-life balance.



Pro Tip: Learn to Say "No." It's okay to decline additional commitments that don't align with your family s priorities or your personal capacity. Saying no frees up time for the activities and people that matter most.

#### Stay Organized with Lists

Keep running lists for different purposes - groceries, chores, work tasks, and anything else that needs to be remembered. Lists help in keeping track of tasks and ensuring nothing gets overlooked.



Pro Tip: Utilize apps and tools for managing your schedule, reminders, and lists. Technology, when used effectively, can be a great ally in efficient time management. Saying no frees up time for the activities and people that matter most.

#### **Prioritize Self-Care**

Remember to include self-care in your schedule. Whether it's reading, exercising, or simply taking a quiet moment for yourself, self-care is crucial for replenishing your energy and maintaining your well-being.

## **Reflect and Adjust**

At the end of each week, take time to reflect on what worked well and what didn't. Use these insights to adjust your planning and strategies for the coming weeks.



Pro Tip: Be prepared to adapt when unexpected situations arise. Flexibility allows you to navigate challenges without derailing your entire schedule.





# Brillian thoughts

GRATITUDE   LE	ARNINGS   7	THOUGHTS	ACHIEVEM	ENTS

"WHAT CAN YOU DO TO PROMOTE WORLD PEACE?
GO HOME AND LOVE YOUR FAMILY."

Mother Teresa

# Family First & Household Harmony

You are dedicated to nurturing the bonds that keep your family strong, resilient, and joyful. It's about making intentional space in your life for those you cherish the most. Here, you will lay out the plans that convert your busy family time from a fleeting thought into a series of memorable, enriching experiences that will add up to a childhood filled with happiness.

#### Quality Time Ideas: Making Every Moment Meaningful

Curate a list of activities that each family member loves. This is your brainstorming canvas. From a spontaneous picnic in the park to a quiet evening of storytelling, note down ideas for quality time that cater to all family members and interests. Keep this list dynamic; add to it whenever inspiration strikes. Every week, pledge to incorporate at least one idea from this list into your life.

#### Family Activities Planner: Scheduling Memory Making Fun & Adventures

With the many ideas from your Quality Time Ideas page above, use the Family Activities Planner to assign dates and details to your plans.

#### **Educational Journey: Planning for Success In School**

Early childhood education is a journey. You may choose to have your child's preschool educational experiences at home. Some children will attend outside preschools or childcare. Either way, this will help you to track school related events, deadlines, educational goals, and extracurricular activities during this busy time.

#### **Meal Planning Made Simple**

Meal planning does not have to be a dreaded task! Simplify by streamlining your grocery shopping and meal prep. Fill out each section with your planned meals for the week, then list your needed items in the Shopping List, noting anysnacks to keep handy.

#### Cleaning Schedule: Taming the Chaos

Cleaning is no one's favorite chore! This Cleaning Schedule offers a structured approach for busy parents to manage household tasks efficiently. The pre-filled template provides daily, monthly, and annual tasks, offering a clear plan for routine cleanliness. The blank template allows for customization according to your unique schedule and home needs.

#### Financial Freedom: Monthly Budget Planner

This planner is ideal for busy parents seeking financial freedom by efficiently tracking and managing household finances. It helps you monitor income, differentiate between fixed and variable expenses, and oversee savings and debts. Financial oversight can lead to smarter decisions and significant savings, reducing stress and steering you toward financial independence.

# Family First & Household Harmony Quality Time Ideas



# **MAKING EVERY MOMENT COUNT**

THIS WEEK'S FAMILY DRE	THIS WEEK'S FAMILY DREAM					
ACTS OF KIDNESS	ADVENTURE IDEAS					
CREATE & PLAY	QUIET					

# Family First & Household Harmony Family Activities Planner Scheduling Fun & Adventures



# THIS MONTH LET'S...



READ...



TRAVEL TO...



WATCH...



ORGANIZE...



PLAY...



BUY...



EAT...



LEARN...



BAKE...



TRY...



• .... CREATE...



CLEAN...



**EXPLORE...** 



**CELEBRATE...** 



**VOLUNTEER...** 



GARDEN...

# Family First & Household Harmony Educational Journey

Educational Journey
Planning for Success in School



Weekly Overview	This Month´s Learning Focus
Monday	
Tuesday	
Wednesday	
	Skills to Develop
Thursday	
Friday	
Weekend	
Reflections	Books to Read
	•••••••••••••••••••••••••••••••••••••••
	•••••••••••••••••••••••••••••••••••••••
	•••••••••••••••••••••••••••••••••••••••
	••••••

# Family First & Household Harmony Weekly Meal Planner



В	REAKFAST	LUNCH	DINNER
NOM			
TUE			
WED			
THO			
FR			
SAT			
SUN			

SHOPPING LIST
ORDER ON-LINE

**DATES:** 

# Family First & Household Harmony Cleaning Schedule: Taming the Chaos



MON	TUE	WED	THU	FRI	SAT	SUN
Kitchen	Bathrooms	Bedrooms	Living Room	Dining Room	Entrance/ Hallway	Other
Wipe counters and cabinet doors	Clean Sink and Mirror	Wash and change linen	living vacuum		Organize shoe rack and entrance closet	Grocery shopping
Clean appliances	Clean toilet bowl inside/out	Clean Mirror and window	Clean behind and under electronics	Clean dining table	Clean stairs	Organize pantry
Clean the sink	Clean shower and/or bathtub	Wipe down dresser and dust cover	Dust decor Dust dec		Clean mirror	Weekly cooking schedule
Empty garbage and stock paper towel	Clean cabinets	Put dirty clothes in basket and empty trash can	Clean windows	Clean windows	Clean carpet	Weekly budgeting
Vacuum and mop	Vacuum and mop	Vacuum and mop	Vacuum and mop	Vacuum and mop	Vacuum and mop	House small repairs
Monthly Clean walls, doors, and knobs Deep clean kitchen appliances Organize closets and drawers Clean laundry room		inces	J F M	A M J	J A S	O N D
Annually Clean garage and/or locker Clean outdoors/swimming pool Organize toys/books/school supplies Deep clean carpets			Not	tes:		

# Family First & Household Harmony Cleaning Schedule: Taming the Chaos



MON	TUE	WED	THU	FRI	SAT	SUN
			J F M	A M J	J A S	O N D
Annually			No	tes:		

### Family First & Household Harmony Financial Freedom:



Monthly Budget Planner

INCOME SOURCE AMOUNT		NOTES			
TOTAL:					
FIXED EXPENSES	BUDGET	SPENT	VARIABLE EXPENSES	BUDGET	SPENT
TOTAL:			TOTAL:		
SAVING FOR	5	SAVED	DEBT		PAID
TOTAL SAVED:		TOTAL PAID:			
TOTAL BUDGET			 L SPENT =		

#### Family First & Household Harmony

#### Stress Reduction Techniques for the Whole Family

Navigating the challenges of family life requires a proactive approach to stress management. Here's how your family can foster resilience and maintain a peaceful environment, enhancing both individual well-being and family bonds.

#### **Family Meditation Sessions**

Implement short daily meditation sessions to help calm the mind, improve mood, and reduce anxiety. This practice benefits both adults and children, promoting a sense of peace throughout the family.

#### **Regular Physical Activity**

Engage in activities like family hikes, dance-offs, or yoga sessions together. Physical activity is an excellent stress reliever, releasing endorphins that naturally boost mood and reduce tension.

#### **Creative Outlets**

Encourage expressing emotions through creative activities such as drawing, painting, or playing music. Creativity is a therapeutic way to handle stress, offering an outlet for processing feelings.

#### **Nature Time**

Regularly spend time outdoors as a family. Activities like walking in the park or gardening can significantly lower stress levels and enhance overall well-being.

#### **Tech-Free Zones**

Establish times or areas in your home where screens are off-limits, promoting direct family interaction and connection, free from digital distractions.

#### **Tech-Free Breathing Exercises**

Model simple breathing techniques to quickly calm the nervous system during stressful moments.

#### **Scheduled Downtime**

Balance busy schedules with unscheduled periods for relaxation, recognizing that downtime is essential to prevent burnout and manage stress effectively.

#### **Gratitude Practice**

Share daily gratitudes as a family to shift focus from stress to appreciation, enhancing emotional resilience.

#### **Family Meetings**

Regularly discuss schedules, concerns, and problem-solve together, preventing stress from misunderstandings or unspoken expectations.



# Brillian thoughts

	GRATITUDE   LEARNINGS   THOUGHTS   ACHIEVEMENTS
*	

"FAMILY: A UNIT COMPOSED NOT ONLY OF CHILDREN, BUT OF MEN, WOMEN, AN OCCASIONAL ANIMAL, AND THE COMMON COLD."

Mark Twain

#### The Magic Is In the Meaningful Moments

The magic happens when you see that the meaningful moments you make today will ensure that your future memories are filled with happiness. Now it's time to capture the essence of what makes your family unique—the celebrations, the milestones, and the traditions that define your shared experience. By planning and reflecting on these meaningful moments, you ensure they're not only remembered but deeply cherished for years to come.

#### **Personalized Celebrations**

This is your go-to guide for planning and celebrating birthdays, anniversaries, big wins, etc. It offers an easy to use layout mapping out every detail of your celebration, from theme ideas and guest lists to essential planning checklists. This helps to ensure that every event is unique, organized, and memorable, catering to the preferences and dreams of each family member.

#### **Family Milestone Tracker**

Life is full of meaningful moments beyond traditional celebrations. This template is designed to capture these special times, from the adoption of a new pet to moving into a new home or marking a child's first day at school. This will help you celebrate the full spectrum of family life, acknowledging every step of your journey together.

#### **Gratitude Log**

The Gratitude Log invites your family to pause and reflect on the joy and gratitude each celebration and meaningful moment brings. Following any event, or special time, this provides space for each family member to write down what they were most thankful for, fostering a culture of appreciation and mindfulness within your household.

## The Magic Is In the Meaningful Moments Personalized Celebrations



Theme Idea	s 	 ctivities
	Guests	
Food	. O	 

#### The Magic Is In the Meaningful Moments Family Milestone Tracker



Date:
Milestone Description
Visual Memories
Story Behind the Milestone

# The Magic Is In the Meaningful Moments Gratitude Log



Date:

Meaningful Moment:

	Things we're grateful for:
1	
2	
3	

Write or draw anything about this special day.



#### Your Family's Preschool Journey

Chaos Coordinator.

You will tackle the whirlwind, chart courses through your family's busy weeks, and find pockets of laughter between the lines of your to-do lists. Yes, there will be days when the coffee pot is empty and the calendar full, but you will look back at this busy time and see that you stood tall, smiled most of the time, and was able to steer your ship with the confidence of a seasoned captain because you made the most of this fleeting, precious time with your family.

Now, as you set your sights on the horizon of what's next, remember that every sunrise is an invitation to a new beginning. Carry forward your vision you have created amidst chaos and busyness. Think about the peace you are fostering in the hustle and focus on the shared joys today that will be your family's most cherished memories tomorrow.

So here's to you, and here's to the journey ahead—may it be lined with possibility, sprinkled with adventure, and filled with the kind of meaningful moments that make magic. Keep navigating with love, laughing in the face of chaos, and crafting a life that is truly yours.

With excitement and joy for all your tomorrows,



The Peake Academy Team





Whether you are a parent experienced in teaching, a working parent trying to make it all work, or a little in between, our goal is to make your experience a happy one for you and your child. Working with young children isn't easy, but with some chaos controlling techniques and lots of quality resources it can be a joyful experience for you both.



# Looking for a simple online learning solution for your child?

Peake Academy's

Digital Preschool and Preschool At Home Membership

were designed by parent educators with today's busy parent at the helm of the learning journey.

CLICK HERE FOR A FREE WEEK! OR GET MORE INFO!

Check Out our Blog for More Great Tips and Resources for Busy Parents

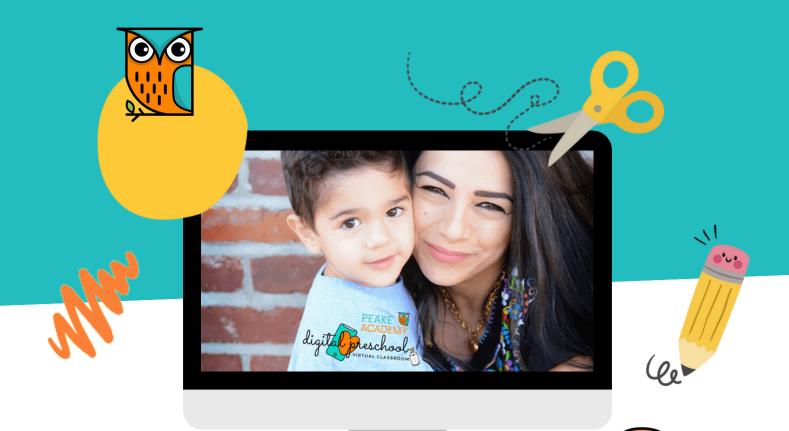
The Buzz is our way of bringing you resources, articles, craft ideas, and so much more to make the most of your time playing together.

Time to get busy, little bees!

Click here to
Visit the Buzz Blog

Have questions like, "How can I help my child with temper tantrums?" "How do I get my child to clean up?" Or, "Why is my child biting?" We are here to help!

Click Here to Visit the Parent Advisor Blog



# READY TO CONFIDENTLY BEGIN THEIR LIFETIME LOVE OF LEARNING AT HOME?

#### Join us in the Preschool-At-Home Membership!

We have designed an easy Preschool-At-Home plan to help you create a more routine day, deal with distractions, and gain insight into your child's strengths and areas they need extra help. All as you build amazing memories during these few, precious years.

#### I WANT TO BE A MEMBER!











#### **EMPOWERING PARENTS**

# TO CREATE MEANINGFUL EXPERIENCES FOR THEIR CHILDREN

#### www.papreschoolathome.com



PEAKE ACADEMY
peakeacademy.com

High-quality, boutique preschools located in Oregon.



PLAY BOUTIQUE

playboutique.com

Large, quality indoor playgrounds with yummy cafes serving today's busy families in Oregon.



PRESCHOOL-AT-HOME

papreschoolathome.com

An online learning platform designed to bring the richness of early childhood education into the home.



# INDIVIDUAL WORKSHEETS NOT PART OF THE WORKBOOK BUT WILL BE USED TO PROMOTE



# Memory Making FAMILY PLAN

DATE:

LOCATION:

2

3

4

5

6

7

8

CONNECTION ROUTINES

AM, PM, WEEKLY, ETC.

2

3

#### **PARENTS**

WORKING ON/TOWARDS/FOCUS

#### **CHILDREN**

WORKING ON/TOWARDS/FOCUS

WORKING ON/TOWARDS/FOCUS

#### **1 YEAR PLAN**

**SPECIAL FAMILY EVENT:** 

3 BIG GOALS FOR THE YEAR

2

12

QUARTERLY ACTIONS	
ACTION ITEMS TO ACHIEVE GOALS	WHO
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	

#### **ISSUES TO RESOLVE**

PROBLEMS

SOLUTIONS





#### **DETERMINE YOUR FAMILY VALUES**

01:	
02:	
03:	
04:	
05:	
06:	
07:	
08:	
09:	
10:	

#### **CORE VALUES**

Abundance Acceptance Accountability Achievement Advancement Adventure Advocacy **Ambition** Appreciation Attractiveness Autonomy Balance Being the Best Benevolence Boldness Brilliance Calmness Caring Challenge Charity Cheerfulness Cleverness Community Commitment Compassion Cooperation Collaboration Consistency Contribution Creativity Credibility Curiosity Daring Decisiveness Dedication Dependability Diversity **Empathy** Encouragement Enthusiasm **Ethics** Excellence Expressiveness Fairness Family Friendships Flexibility Freedom Fun Generosity Grace

Growth Flexibility Happiness Health Honesty Humility Humor Inclusiveness Independence Individuality Innovation Inspiration Intelligence Intuition Joy Kindness Knowledge Leadership Learning Love Loyalty Making a Difference Mindfulness Motivation Optimism Open-Mindedness Originality Passion Performance Personal Development Proactive Professionalism Quality Recognition Risk Taking Safety Security Service Spirituality Stability Peace Perfection Playfulness Popularity Power Preparedness Proactivity

Professionalism

Punctuality

Recognition Relationships Reliability Resilience Resourcefulness Responsibility Responsiveness Security Self-Control Selflessness Simplicity Stability Success Teamwork Thankfulness Thoughtfulness Traditionalism Trustworthiness Understanding Uniqueness Usefulness Versatility Vision Warmth Wealth Well-Being Wisdom

#### GOAL SETTING DATE

GOAL						
WHY THIS G	OAL MATT	TERS TO ME				MPLETION TIMEFRAME
GOAL PART	NER(S)		•••••		•••••	
	TONE 1		MILEST(	ONE 2		MILESTONE 3
WHAT WILL I NEED TO DO DIFFERENTLY TO REACH THIS GOAL						
TOP PRIOR	ITIES TO C	OMPLETE THIS G	OAL			
			••			
MEASURA	BLE 1	MEASURABLE	2	MEASURAB	LE 3	MEASURABLE 4
HOW MY L	IFE WILL BE	E IMPROVED WH	IEN THI	S GOAL IS CON	MPLETED	
HOW DOES	S ACHIEVIN	NG THIS GOAL H	IELP OT	HERS SHINE		

#### Monthly Milestones: Big Picture Planning



MONTH:				YEAR:		
MON	TUE	WED	THU	FRI	SAT	SUN
Mor	nthly Goals			TOP P	RIORITIES	
			_			

#### Weekly Action Plan: A Bird's Eye View of Your Week



**WEEK OF:** 

MONDAY	GOALS THIS WEEK
TUESDAY	
	MEAL PLANNER
WEDNESDAY	
<b>≻</b>	
SSD,	
THURSDAY	
<b>≻</b>	
FRIDAY	
Α	
SATURDAY	NOTES:
λΑΥ	
SUNDAY	

#### **MEANINGFUL MOMENTS MAKER**



At Home Adventures	Learn, Play, Create
Travel	
Outdoors	At Home Adventures

#### **MEANINGFUL MOMENTS MAKER**



Connection Routines	Family Traditions
Acts of K	(indness

#### **ALL ABOUT US**

paste a photo of or draw a family member here	paste a photo of or draw a family member here	paste a photo of or draw a family member here
Name	Name	Name
Favorite food	Favorite food	Favorite food
Favorite color	Favorite color	Favorite color
How they feel most loved	How they feel most loved	How they feel most loved
The dray real most level	Trow drey feet files towed	Tion they less must loved
paste a photo of or draw a family member here	paste a photo of ar draw a family member here	paste a photo of or draw a family member here
Name	Name	Name
THEFT	. 460 1700	- 10011100
Favorite food	Favorite food	Favorite food
Favorite color	Favorite color	Favorite color
How they feel most loved	How they feel most loved	How they feel most loved