



# HOLISTIC DAY KIDS PLAN

## Mornings 6.45-7.30

- Healthy breakfast/lunch box
- Essential Oils: On Guard down spine, Steady or Brave behind ears, Immunity Blend under feet
- Mundschutz sauber einpacken

## After school 13.45-15.00

- rest with diffuser (lavender, citrus bliss, cheer..)
- media time (max.60 min.)
- fill water bottles with lemon, lime or tangerine

## Afternoon activities 15.00-17.00

- quality play time, free play, creative work...etc., no phone
- healthy snack (prepare maybe together)
- daily tasks household
- outdoor time (min. 60 min.)

## Early Evening 17.00-18.30

- drawing, puzzle, manual work
- finish daily tasks in household
- prepare for next day (clearance about what we will be doing etc.)

## Evening wind down 18.30 - 20.00

- diffuser blend with serenity, siberian fir, cedarwood..
- bath time, selfcare rituals (body lotion, clean pyjamas, teeth brushing, wash hands & face)
- essential oil massage (on weekends symphony of the cells protocol) with whatever emotion is present
- talk about the day, let kids tell about their experiences
- lighting a candle, drawing/writing in diaries, gratitude practice/draw card
- read books
- 8 pm lights out (during weekdays)

