

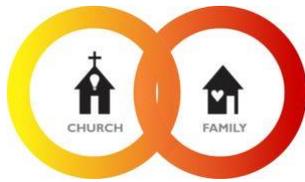
Daily Schedule

Before 9:00 AM	Wake up!	Make your bed (P), Bless breakfast (S), Eat breakfast, brush teeth, get dressed (H)
9:00-10:00	Outdoor Time	Family walk/outdoor play (H), Learn from nature (I) Thank God for nature, say a rosary/chaplet, talk to God, etc. (S)
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal (I) Siblings can help each other learn (P), Use Bible verses/stories (S)
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking (H,I) Use Catholic crafts/music/recipes (S), Write cards/call grandparents (P)
12:00-12:30	LUNCH	Bless lunch (S), Eat lunch (H), Ideas to add faith and fun into mealtimes: https://teachingcatholickids.com/family-meals/ (H,S,I,P)
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care (H,P)
1:00-2:30	Quiet Time	Reading, puzzles, nap, stretching (H,I), journaling/personal prayer time (S), Catholic coloring pages (see reverse for free printables) (S)
2:30-4:00	Academic Time	Electronics OK! Educational games, activities, virtual museum tours (I) Study a Bible story/life of a Saint – read, watch a video, discuss (S, I)
4:00-5:00	Outdoor time	Family walk/outdoor play (H) <i>Who can we bless this week?</i> Deliver dinner/dessert/card/mail to a friend or neighbor (P)
5:00-6:00	Dinner time	Bless the meal, eat together (S,H), Help with clean-up (P), Discuss things we're grateful for, sorry for, need help with, etc. (H,S,P)
6:00-7:00	Bath time	Bath or shower, put on PJs, brush teeth, clothes in laundry (H)
7:00-8:00	Reading/TV time	Relaxing before bedtime – reading, TV (H) Pray together – rosary, a favorite Catholic prayer, scripture, song (S)
9:00 PM	Bedtime	Reflect on the day, pray for others (P), Bless your child's forehead (S)

The Four Pillars of Human Formation are: Human (H), Spiritual (S), Intellectual (I), Pastoral (P)

find this on our website at <https://syracusediocese.org/offices/familyrespect-life/>





Domestic Church (Home) Life is meant to mimic the Liturgy of the Church. Read more [here](#).

This schedule (originally designed for homeschooling) has been adapted to encourage families to be intentional about how time is spent and about being aware of and inviting God more fully into that time. Our Catholic faith is not meant to be put in a box, or used only on Sundays, but to be practiced every day, in all of life's situations. These suggestions are designed to help your family grow in faith, holiness, and human happiness. Archbishop Gomez, President of the United States Conference of Catholic Bishops, writes about this in "[Holiness is our daily task](#)."

Jesus came to proclaim the Good News of the Kingdom of God, a reign of holiness, love, truth, justice, and peace, and to initiate that Kingdom by his life, death and Resurrection. *CCC, no 2816*. This is the Good News that baptized Christians are called to proclaim. Part of the way we proclaim this truth is to grow into the saints God created us to be. The U.S. Bishops offer 4 pillars of human formation in their statement, *Co-Workers in the Vineyard*. **The 4 pillars are: Human, Spiritual, Intellectual and Pastoral.** We can intentionally incorporate these into our lives and, by doing so, help sanctify our daily activities, help discern God's presence and call in our lives, and help our children to discern the vocation God has planned.

The schedule with suggested activities and identified pillars are for your family's consideration – modify, use and share with our permission.

The Four Pillars of Human Formation:

Human (H) - Human formation seeks to develop human qualities and character, fostering a healthy and well-balanced personality, for the sake of both personal growth and service.

Spiritual (S) - Spiritual formation aims to foster a true hunger for holiness, desire for union with the Father through Christ in the Spirit, daily growing in love of God and neighbor, and the practices of prayer and spirituality. It promotes the fundamental conversion that places God, and not oneself, at the center of one's life.

Intellectual (I) - Intellectual formation seeks to develop understanding and appreciation of the Catholic faith. It consists chiefly of the sacred sciences but draws also upon a wide range of other disciplines: philosophy, literature/arts, psychology, sociology, counseling, medical ethics, culture and language studies, business administration, leadership and development, law, etc.

Pastoral (P) - Pastoral formation cultivates the knowledge, attitudes, and skills that pertain to effective functioning in ministry/service to others.

Catholic activities/crafts/recipes/printables → <https://www.catholicicing.com/> → <http://www.thecatholickid.com/>

→ <https://teachingcatholickids.com/> → <https://teachingcatholickids.com/stuck-at-home-here-are-some-resources-to-help/>

→ <https://www.reallifeathome.com/category/catholic-life/catholic-printables/> **PRAYERS** → <https://mycatholic.life/catholic-prayers/>

SAINTS → <https://www.tinysaints.com/pages/activities> → <https://www.franciscanmedia.org/source/saint-of-the-day/>

HOLY LAND → <https://www.p4panorama.com/panos/HOLYLAND/> → <http://carta-jerusalem.com/interactive-pilgrim-map-of-the-holy-land/>

For more ideas on **liturgical living** and celebrating Catholic feasts and fasts in your home → <https://catholicallyear.com/>