

*That Homeschool Life*



- CELEBRATING A LIFE LEARNING AT HOME

**THAT  
HOMESCHOOL  
LIFE**

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Dealing With Life

*Feels Like Home*

*Podcast*

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

1

SIMPLICITY

2

SEASONS OF LIFE

3

SELF CARE

4

STRATEGY

5

SPACES



- CELEBRATING A LIFE LEARNING AT HOME

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

**1**

## **SIMPLICITY**

- ALLOW yourself and your family the time to heal, grieve, build, restore, change, travel, etc WITHOUT the guilt.
- Adopt the mindset that learning happens ALL THE TIME.
- Keep days and activities simple. Record anything that remotely looks like learning (even if you are doing that from a bed or lounge). See templates provided.
- Don't compare with others just do what is right for you and your family.
- Don't try and replicate school at home.
- Focus on meeting your child's needs and YOUR needs each day.
- Rhythm over structure: [this blog post may help](#)

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

## 2

### SEASONS OF LIFE

- Just like there are seasons in the natural world, we have seasons in our life too. Don't be shocked when the seasons change.
- Summer speaks of freedom, fun, adventures, downtime, socialising and resting.
- Autumn speaks of slowing down, preparation before winter, rhythms and flow.
- Winter speaks of loneliness, darkness, coldness and darkness, of depression and monotony.
- Spring speaks of new life, growth, changes, blossoming and of fresh ideas.

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

**3**

## **SELF CARE**

- Have a self-care plan.
- Make a list of things you enjoy doing. Think of your senses. What are some things that really fill your cup? Is it going to a cafe? Going on a walk? Looking at art online? Getting take-away in? Do you have a hobby (or did you once upon a time?) Can you take up an online course for yourself?
- Use the self-care template included in this pack to come up with a plan of 5 things that you can do for YOU to help you keep your homeschooling life sustainable through ALL the seasons and colours of life.

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

## 4

### STRATEGY

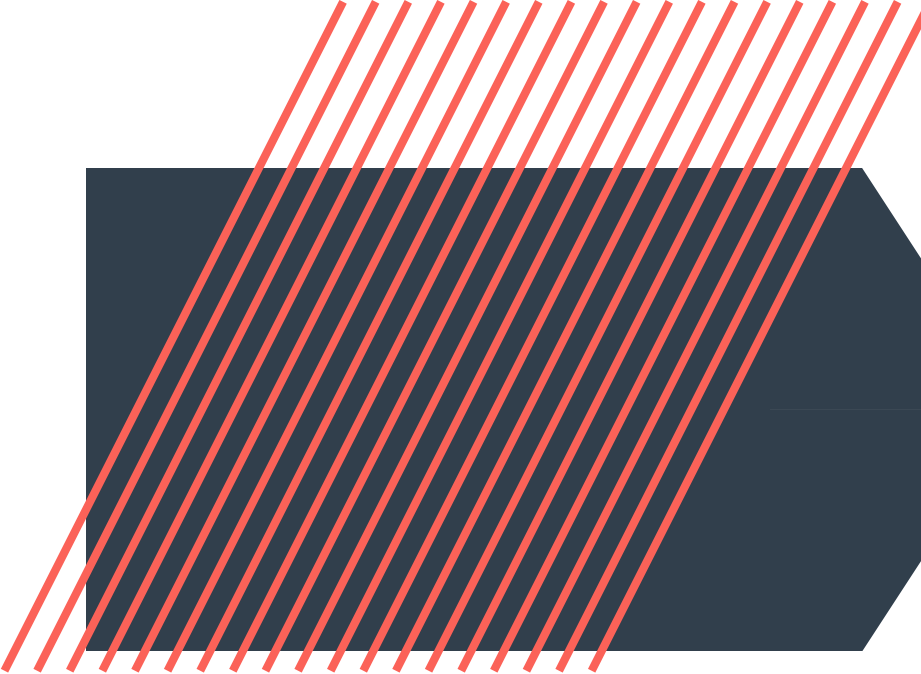
- Having a self-care plan is just one part of your strategy. Strategy in our homeschooling and dealing with life has also included making a list of activities our kids can help themselves to when we are having hard times (see template provided). Having a menu plan can even help in harder times.
- This has helped our kids grow in independence and resilience.
- Ask yourself what you and your family need to put in place to make homeschooling sustainable long-term. It might be getting in a cleaner or buying take-out once a week. It might involve you and your partner having a date night, you locking in a holiday with friends or the family or just a simple tea time each day. See these things as investments.

# 5'S OF HOMESCHOOLING & DEALING WITH LIFE

**5**

## **SPACES**

- Think about the spaces you have in your home.
- How can they be best utilised? Quiet spaces? Exercise spaces? Journaling spaces? Creative spaces?
- Think about spaces in your community. How are you best utilising them? Local parks? Galleries? Walking tracks?
- Create 'spaces' in your calendar too in terms of time. Say no to people and unnecessary activities in the harder seasons of life.



# RECORDING SHEET

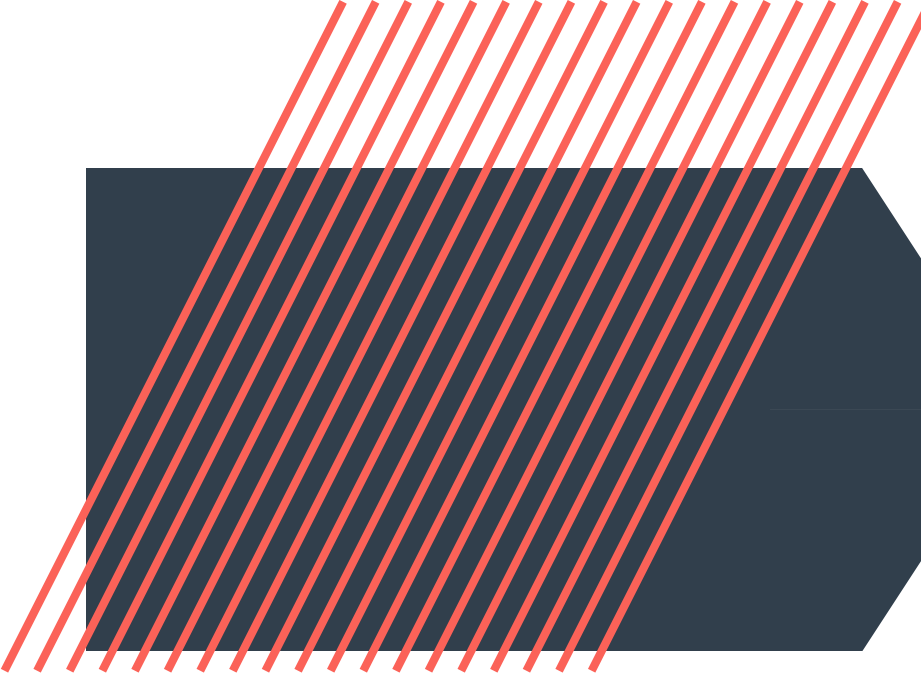
**LEARNING. LIFE. ACTIVITIES.**

DATE:

<https://doi.org/10.1016/j.jmb.2023.105600>

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.





# WEEKLY

## RECORDING SHEET

**LEARNING. LIFE. ACTIVITIES.**

DATE:

<https://doi.org/10.1016/j.jmb.2023.105700>

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

# MONTHLY

## RECORDING SHEET

# MONTHLY

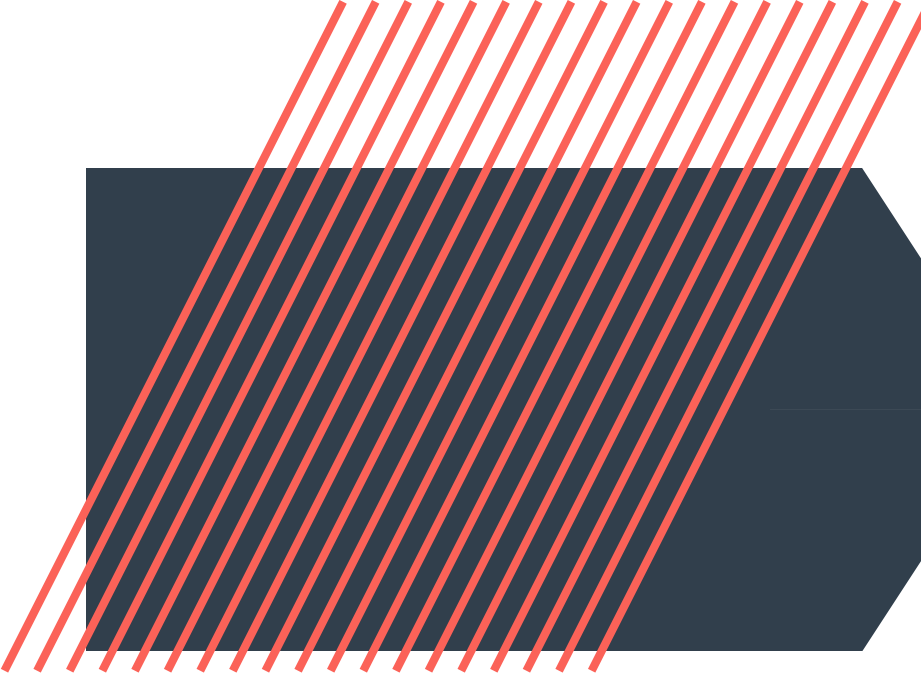
## RECORDING SHEET

**LEARNING. LIFE. ACTIVITIES.**

DATE:

<https://doi.org/10.1016/j.jmb.2023.107901>

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it is resting on a surface.



## RECORDING SHEET

DATE:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# What's for Dinner?

Week of: \_\_\_\_\_

**Monday**

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**Wednesday**

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**Friday**

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**Sunday**

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**Tuesday**

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**Thursday**

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**Saturday**

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*buy these*

# OBSERVATIONS

NAME \_\_\_\_\_

DATE: \_\_\_\_\_

DESCRIPTION OF ACTIVITY:

NOTES:

SUMMARY OF TASKS/ACTIONS OBSERVED:

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MATERIALS/RESOURCES USED:

OTHERS INVOLVED:

THOUGHTS/FOLLOW UPS:

# Self-Care Plan

5 things I am going to do for myself:

*"A woman with a voice is a definition of  
a strong woman."*

MELINDA GATES

# what can i do?

Depending on your child's age, add photos or write down the activities they can help themselves to.

## I CAN...

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**MORE RESOURCES  
AND PRINTABLES  
HERE:**

[www.thathomeschoollife.com.au](http://www.thathomeschoollife.com.au)

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*Australian Homeschoolers.*