

ALY'S SUMMER WEEK

Wake up 8:00 AM | Lunch 2:30 PM | Lights out 9:00-10:00 PM

MORNING

MIDDAY

AFTERNOON

EVENING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MORNING	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play	8:00 Wake + breakfast 9:00 GARDEN TIME (water the plants!) 9:30 Quiet brain time 10:30 Build & free play
MIDDAY	12:00 Screen time 1:00 Activity menu 2:30 LUNCH + rest	12:00 Screen time 1:00 Activity menu 2:30 LUNCH + rest	12:00 Screen time 1:00 Activity menu 2:30 LUNCH + rest	12:00 Screen time 1:00 Activity menu 2:30 LUNCH + rest	12:00 Screen time 1:00 Activity menu 2:30 LUNCH + rest	10:45 Leave home 11:00-12:20 FITNESS & SQUASH 1:00 Screen time 2:30 Lunch + rest	10:45 Leave home 11:00-12:20 FITNESS & SQUASH 1:00 LUNCH (early!) 1:45 Quick rest	
AFTERNOON	4:00 Activity menu + 15 min drum practice 4:45 Garden check	4:00 Activity menu + 15 min drum practice 4:45 Garden check	4:00 Activity menu + 15 min drum practice 4:45 Garden check	4:00 Activity menu + 15 min drum practice 4:45 Garden check	4:00 Activity menu + 15 min drum practice 4:45 Garden check	4:00 Activity menu + 15 min drum practice 4:45 Garden check	2:45 Leave home 3:15-4:00 DRUMS 4:30 Home, free play (no drum practice!)	
EVENING	5:00-5:30 Leave home 6:00-7:00 SWIMMING 7:30 Dinner + shower 8:30 Read in bed	6:40 Leave home 7:00-7:20 SQUASH (+45 min fitness?) 8:15 Dinner + shower Bed by 9-10	5:00-5:30 Leave home 6:00-7:00 SWIMMING 7:30 Dinner + shower 8:30 Read in bed	5:00 Garden / outdoor play (evening watering) 7:00 Dinner 8:00 Shower 8:30 Read in bed	5:00 Garden / outdoor play (evening watering) 7:00 Dinner 8:00 Shower 8:30 Read in bed	5:00 Garden / outdoor play (evening watering) 7:00 Dinner 8:00 Shower 8:30 Read in bed	5:00 Garden / outdoor play (evening watering) 7:00 Dinner 8:00 Shower 8:30 Read in bed	Quiet evening - busy day! 5:00 Garden watering 7:00 Dinner 8:00 Shower 8:30 Wind down

■ Swimming
 ■ Squash
 ■ Fitness & Squash
 ■ Drums
 ■ Garden time
 ■ Menu + drums

ALY'S DAY!

Follow the path - you can do it all by yourself!

8:00



WAKE UP!

Get dressed - eat breakfast

9:00



GARDEN HERO

Water the plants, check the garden

9:30



QUIET TIME

Read a book or do a puzzle

10:30



BUILD & PLAY

LEGO, toys, make something!

12:00



SCREEN TIME

1 hour - you choose!

1:00



PICK FROM THE MENU

Boredom jar + 15 min drums

2:30



LUNCH + REST

Eat, then chill quietly

5:00



SPORT or GARDEN

Swimming, squash, or evening watering

8:30



WIND DOWN

Shower, read in bed, sleep

THE BOREDOM JAR

Feeling bored? Pick a stick from the jar - no asking Mom or Dad!

GARDEN HERO (his own 60 m2 mission!)

- Morning watering round (before it gets hot)
- Garden journal: draw what changed today
- Pick a 'his plant' - he owns it 100%
- Collect & press leaves in a notebook
- Plant fast growers: radish, basil, sunflower
- Bug hunt: find & count 5 different insects
- Make plant name signs from craft sticks
- Harvest helper: pick anything that's ready

BRAIN POWER

- Read 20 minutes (any book he picks)
- Maze, dot-to-dot, or puzzle book page
- Memory card game (solo match-up)
- Listen to an audiobook chapter
- Kids' crossword or word search
- Build the tallest card tower you can

MAKER HANDS

- LEGO challenge: bridge, car, robot, house
- Draw your dream car and color it
- Play-doh creature zoo
- Origami / paper plane contest
- Make a comic strip (3 boxes, any story)
- Build a fort with cushions & blankets

MOVE YOUR BODY

- Indoor obstacle course (he designs it)
- Balloon volleyball against the wall
- Dance to 3 favorite songs
- Animal walks: crab, bear, frog (2 laps)
- Practice drums 15 min (practice pad)
- Sock-ball basketball into laundry basket

CALM CORNER

- Rest with an audiobook or calm music
- Cloud watching in the garden
- Organize one toy shelf (counts as play!)
- Look at a picture atlas or animal book
- Quiet coloring with calm music
- Get tomorrow's clothes ready

HOW TO SET IT UP

Write each activity on a popsicle stick or paper slip - drop them all in a jar.

Rule: pick one stick, do it for at least 15 minutes before picking again.

Sticker on the chart for every finished day - 5 stickers = weekend treat!

TODAY I CHOOSE...

Pick ONE before each block starts. Stick with it for 20 minutes!

1:00 PM - INDOOR MENU

(too hot outside - cool brain time)

- LEGO challenge card of the day
- Reading nook - 20 min, any book
- Drawing or make a comic strip
- Puzzle: jigsaw, maze, tangram
- Audiobook + quiet building
- Memory game or dominoes patterns
- Garden journal - draw the changes

4:00 PM - ENERGY MENU

(rest is done - time to move and make)

- Drum practice 15 min (musician job!)
- Garden check: water, bug hunt, harvest
- Obstacle course or sock-basketball
- Craft: origami, play-doh, fort
- Helper mission: table or sports bag
- Free build - anything you want!

Move your magnet or clothespin to today's pick!

WHERE TO GET EVERYTHING

Parent's sourcing list - build the Summer Box before day one

FREE APPS & YOUTUBE (quality screen hour)

- **Khan Academy Kids** - free, ad-free reading & math games
- **GoNoodle (YouTube)** - dance & movement breaks
- **Cosmic Kids Yoga (YouTube)** - story-based calm sessions
- **Art for Kids Hub (YouTube)** - follow-along drawing tutorials

FREE PRINTABLES (mazes, LEGO cards, puzzles)

- **krokotak.com** - paper crafts & projects, very kid-friendly
- **education.com / Super Simple** - mazes, dot-to-dot, word searches by age
- **Search: LEGO challenge cards printable** - ready 30-day card sets to print & cut
- **Highlights Kids online** - hidden pictures & brain games

PHYSICAL MATERIALS (Egypt)

- **Diwan / Alef Bookstores** - kids' books AR & EN, activity & puzzle books
- **Jumia / Amazon Egypt** - play-doh, jigsaws, memory games, craft kits
- **8-inch drum practice pad + sticks** - online, affordable - daily 15 min practice
- **Samir & Aly stationery** - coloring books, popsicle sticks, reward stickers
- **Local nursery (mashtal)** - radish/basil/sunflower seeds, pots, kid watering can

AUDIO & MUSIC







- **Storytel / Audible trial** - kids' audiobooks for quiet time
- **YouTube audiobook channels** - free full stories in Arabic & English
- **Drumeo Kids (YouTube)** - beginner pad lessons to support Saturday class

THE SUMMER BOX

One afternoon before vacation: print the cards, cut the sticks, fill the jar, buy the seeds.
Day one runs itself - no 'Mama, where is the...?'

MY JOBS & MY EARNINGS

Week of: _____ Do the job, tick the box. Jobs earn - nothing gets taken away!

MY JOB	Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Water the garden (morning)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Drum practice 15 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Pack my water bottle + sports bag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Workbook page (Arabic / math)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reading 20 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Finished my whole day chart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WEEK TOTAL

Ticks this week: _____

My earnings: _____ EGP

(jobs earn, behavior is free!)

30+ TICKS = I PICK MY TREAT!

- Ice cream outing
- Extra 30 min screen time
- Small toy (agreed budget)
- I choose Friday lunch!

PARENT'S GOLDEN RULES

The stuff that makes the plan survive past week two

FRIENDS TIME - 2-3x PER WEEK

- The plan is solo by design, but a 7-year-old needs peers.
- Set ONE standing playdate day (Wednesday afternoon works - it's free).
- Use the club: friends after Friday/Saturday squash, cousins on weekends.
- Loneliness is the #1 reason summer plans collapse into screens.

REWARDS - KEEP THE MONEY CLEAN

- Stickers daily, treat weekly (30+ ticks), pocket money for JOBS only.
- Never remove earned stickers or money. Bad days simply earn nothing.
- He picks the treat from the pre-agreed list - choice is the motivator.

BEAT THE SUMMER SLIDE

- One workbook page daily (Arabic + math) inside the 9:30 quiet block.
- Ten minutes is enough. The 20-min reading habit does the rest.
- Optional: short Quran / Arabic time fits the 9:00-9:30 window naturally.

SUN & WATER RULES (CAIRO SUMMER)

- Garden only before 10 AM and after 5 PM.
- Water bottle is HIS job to fill and pack - it's on his jobs chart.
- 5 sports sessions a week = hydrate before, during, after.

THE FLEXIBILITY RULES

- One free day per week: the chart is optional. Rigid plans die fast.
- One weekly family outing as the anchor: pool, park, grandparents.
- If a day goes sideways, drop it and restart tomorrow. No catch-up debt.