

PARENTS: If you feel overwhelmed, disorganized, and a bit directionless when you think about homeschooling your kids, this workbook and video help session may be just the ticket!

Planning is one of those things that we all know we need to do, but few people actually take the time to do it, and I mean do it well enough so that it actually works and they're happy about it! My plan for my kids serves as the backbone structure that guides my actions throughout the year. It's something that stays in place so I can feel great about my kids' progress at the end of the year.



OVERWHELMED??

Let's get these moments back!

**Easy Planning Session
for Homeschool Parents**

**Workbook Guide for
Busy Parents**

by Supercharged Science

Watch accompanying video on YouTube & Facebook!

If you want to hit your target, you've got to have a plan that you'll *actually* stick to. My goal for us during this planning session together is to eliminate the headache, hassle and feeling bad about it ("it" being not having a plan, not sticking to one, or anything else that you don't feel good about when it comes to homeschooling your child).

I want you to walk away with a neat-and-organized feeling, a sense of peace, and a big smile. Even if you're not normally a planner, you can still get a couple of "a-ha's!" out of our session together. That's my personal goal in holding this planning session. I want you to feel lighter, happier, and excited for the school year to start.

This session isn't for everyone, it's only for folks that would like to do a personal planning session with me. I am going to walk you through how I plan out my year, how I figure out how to reach my academic goals for four different children, and answer your questions along the way.

The problem I personally found with most “How to Plan your Homeschool Year” is that the people presenting their information about the system or motivation strategies that worked for them are people that are organized enough to put out a blog article or youtube video about it! While most of their strategies were well-thought out, neatly planned and color-coded, that’s not what my house (or my life) actually looks like.

I would watch the long homeschool planning videos, get the color-coded pens, print out all their free printables, and use their system for about a day and a half, and then it all fell to pieces. And I would feel bad about it. Then I would get up, try another homeschool planning video, and do it all over again, only feeling worse because I’ve stacked this new failure on top of the previous one.

Then it hit me. The thing that was missing was *purpose*. Most of the time, when people want a solution to a problem, they focus on finding a strategy that will work, when actually what they needed isn’t more information, but a *reason* to do what they already know how to.

For homeschooling, we’ve all been to school, we know what it’s like. As parents, we’re skilled at managing projects, running a business or a home, and getting results. We have all the skills and strategies we’ll ever need.

The piece I want to focus on is not the schedule planners, not the daily routines... it’s what lies underneath. The *reason* you are doing all the homeschool things you do. That way, on those days when homeschooling is really *hard*, you’ll still be able to make positive progress toward your end goal, even if you don’t check off a single box in your planner.

Here’s how we’re going to do this: there are three steps to making an educational goal and a few more steps to be sure you’re successful by the end of the year. I am going to share this (easy) method with you that I use every day in my own life with my kids, my business, and in my life.

Instead of talking about it, let’s actually *do it* together. Right now.

Got a pencil?

Here we go... turn the page.

At the beginning of each year, we create a poster with my kids that includes the goals they want to accomplish this year, the values they want to learn, and highlights the things that are most important to them. They draw pictures, add inspiring quotes, and include their personal mission statement.

This poster hangs on the wall above their beds, and each morning, they jump on their beds for a minute and say one thing from the poster out loud about what they want their day to be about.

Before making their poster for the year, we look at last year’s poster and celebrate the successes! We notice what went well last year, and whether they reached the goals they set for themselves.

If they didn’t reach a goal, we talk about what happened (no guilt here, just an honest conversation). What did they make more important? Do they want to include it this year, and if so, what needs to be improved?

I’ve noticed that when my kids write it down and keep it in a place where they can see it regularly, they meet these goals most of the time. They’ve also learned to be flexible enough to change if a goal just isn’t what they thought or it develops into something even better.

For myself personally, I’ve found that I overestimate what I can do in a year and underestimate what I can do in a decade. I tend to do longer-term planning for my own personal goals.

Step 1: Result

What is one educational goal you have for your child?

What is the result you want to achieve at the end of this year?

5 years? 10 years?

Step 2: Purpose

WHY do you want #1 above? What will it give you/your child? What will it provide? What will reaching this goal make possible for both of you?

What will happen if you DON'T reach your goal?

If you don't get it, what is the cost of not reaching this goal?

Spend a LOT of time and fill out the rest of this page with as many reasons as you can. The more reasons WHY this goal is a MUST for you, the better your chances are of reaching it!

Step 3: Massive Action

Strategy time! Think of at least TEN different ways you can meet that educational goal for your child. (It's fine if you have more than one educational goal – just pick the most important one right now to work on. If you think of a better one later, you can redo this process with that new goal.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 4: **Start NOW**

Congrats! You have an action plan! It's still a bit rough, but you have the most important elements you need for success this year. Here's what you do now...

Pick ONE from the ten above that you can do in the next 24 hours and schedule that task in your planner or calendar (I use a calendar).

Step 5: **Next Steps**

Pick two more you can do in the next three days and schedule them so that they get done.

Step 6: **Staying on Track**

Look over the rest of these and figure out when you'd like to commit to having them done. If you get stuck, flip back to STEP 2 and look at your reasons. If you're already getting resistance to doing the things you know you want to do, it means that your reasons in STEP 2 were not strong enough.

TIP: To get myself un-stuck, I will put on my exercise music, something that makes me feel happy, confident and strong.

I turn that volume way up, stand up (don't stay seated if you ever feel stuck), move around, drink a glass of water, grab the pencil and redo my step #2.

That's usually more than enough to handle the resistance that comes up with taking the steps I need to.

It's the *goal* you are committed to, not the strategy.

You've got to have a way to measure their progress so you know if the actions you're taking are getting you closer to your goal.

There are thousands of strategies that will get you there, you just have to choose one that works for you.

Step 7: **Know What You're Getting**

It's not enough to follow a plan. If you've ever tried to navigate using a map, you know that you've also got to know where you are, how fast you're going, and where you're headed if you ever want to reach your destination.

This means that if you bought a curriculum and your child is absolutely bored with it, don't try to stick it out until the end of the year. If you enrolled in an online course that they whipped through without learning much, know when it's time to try something else.

Be intelligent about evaluating how well your strategy is serving you and your purpose.

If you'd like a quick-summary of planning your Homeschooling Academic Year, like if you're new to the how the structure can work, here are a few scheduling details you can think about as you put your plan together for your family.

The “perfect” Homeschool Plan(ner) is the one you will actually use.

For homeschoolers, you can choose your start and stop dates anytime. An example is to **start in September and go for 36-40 weeks until mid-June**. Some homeschoolers opt for **year-round**, and others plan the off-months when they want to. Be sure to check with the laws in your city, state, and country when putting this schedule together.

Homeschoolers can go **year-round**, or **school for 6 weeks** and take every 7th week off. Or you can follow the university system (ones that use the quarter system), which is **9-10 weeks of schooling** with 1-2 weeks off.

Homeschoolers can school any days of the week. A popular choice is **five days straight**, or **four-day school weeks with a 5th day for field trips**, co-ops, or outdoor activities

Homeschoolers with siblings in public schools sometimes opt to **follow their local school calendar** so they have time off all at the same time.

Block schedules (subject has a longer time span for in-depth study) are good when students need to fully focus on one subject that also includes projects and labs. The weekly schedule at a university is three one-hour lectures plus one 3-hour lab for the same subject every week.

Loop schedules are used when you don't have time to devote to certain subjects each day, but you still want to have space to cover them. You may have scheduled in time for two **electives** each week, so students can pick what they study during that time from the list of electives.

Common Homeschooling Pitfalls and Stressors:

Expecting perfection of yourself and your child

Comparing yourself to other families, especially on social media

Trying to finish everything you bought or started

Not allowing your homeschooling approach to adapt over time

Not holding kids accountable for their own work,
parents taking on too much of kids' responsibility to learn

I hesitate to even show this to you... because when you just look at it, it's like looking at the outer layer of a cake – you don't really see the work that went into putting this together. If you were to come over to my house, the first thing I would show you is my kids' posters. That would mean a lot more sense.

But those posters are very personal, so here's the best I can do. The sample schedule below is a STRATEGY that you're looking at, not the purpose or intent. The goal for this workbook was to guide you in putting together your *own* plan for your child, based on what most important to you and what works for your child.

Sample Schedule for my 2nd and 5th Grader:

(sessions were 45-50 min long with a 10-15 min break in between)

Please note that many of these areas overlap: For example, math and science are often combined with writing and history all in one lesson. If we're baking and cooking a lot (like around the holidays, math and writing (even science!) are covered without overthinking it. Below isn't a rigid schedule so much as a guide that allows for space in our day for everything to get covered over the course of a month. Numbers in parenthesis indicate how many days a week we aim to do each.

M-R Schedule:

8am Get up, get dressed, make bed, breakfast and brush teeth

9am Math with Activities (4)

10am Science with Lab (2) / Foreign Language (2)

11am English/Writing with Activities (4)

12pm Lunch & free play

1pm Reading (4)

2-4pm *Rotation:* History / Art / Music / Real Life University*

4pm Freeplay

6pm Family dinner

Fridays are open for full-day nature adventures, fun family field trips, and special events. Kids spend 3-4 hours (not including lunch and breaks) on Fridays doing their schooling. They can also work on special projects or on their own independent study work of their choosing. They finish up any work not yet completed from the current week and also plan next Friday's activities if needed.

*Real Life University is something our family came up with to teach our kids real life skills that they will need as it's appropriate to their level. This includes everything from personal finances, running a home, managing projects, relationship skills, how to apply to a job, personal growth, getting a driver's license... there's about a hundred different topics that we cover over the kids' time with us. The older kids are, the more time they spend in this area.