



Homeschool & Hijrah

WITH HURUUNEEN



3 Step Homeschool Scheduler

Umm Nuraddeen Abdul-Muhaymin M.A. Ed.



The Easy 3-Step Scheduler

For this assignment, now is to write down and rank all of your activities from 1 to 4 and then “dump the 4s.” Ask your kids for their feedback. Can you also dump or delegate some of your 3s? Rate each activity as a 1 (very important to you), down to the unnecessary 4s (not important). Note whether or not this task can be delegated to another person, such as to your spouse, or your child.

Step 1 – Figure out how you spend your time, down to the minute.

It may seem silly, but you’d be surprised how the minutes can add up when you’re spending 5 to 15 minutes here and there throughout the day on the phone, in front of the mirror or, opening mail, or responding to emails. Be brutally honest with yourself.

Ask your spouse and kids to chime in and add to the list too. It’ll be good for them to see you evaluating your schedule according to your goals. This will be a good skill for them to have too, and once again you are being a good role model on how to handle stress and live your life “on purpose.”

Q: Write down everything you do in a day and rate these between 1 and 4. Are there any activities that you can drop?

A: _____

Q: Which activities can you delegate to someone else? Who can help you?

A: _____

Q: What are you going to add to your daily, weekly and yearly schedules in order to take care of yourself? What type of time and monetary investment are you willing to make in order to ensure that you stay at your best?

A: _____

Q: Who is going to help you with the cooking, cleaning, laundry, etc.? If your children help, then how are their chores going to be organized?

A: _____

Q: How are you going to track how your children are doing towards their goals? How are you going to celebrate?

A: _____



Step 2 – Factor your children’s preferences into your daily and weekly schedules. Ask your children these questions:

Q: When do you learn best? What time of day?

A: _____

Q: Do you have any suggestions on how we should organize our day?

A: _____

Q: What do you want your daily schedule to be like?

A: _____

Step 3 – Summarize your homeschooling schedule.

Describe your homeschooling schedule in 50 words or less. This way you’re taking something that is potentially big and scary and complicated and proving to yourself that it is really quite simple. Here is my summary:

[illegible]

A:



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[illegible]

Q: What do you really want to make sure that you do every day? Write down what your goals are, schedule-wise, for your DAY.

A: _____



Self-Care Checklist for Homeschooling Moms

This is structured for daily, weekly, and monthly rhythms. It's simple, gentle, and practical. You can print and check things off, or laminate and use a dry-erase marker.

Daily Self-Care

Morning Routine

- Wake up before the kids (even just 15 minutes)
- Stretch or move your body
- Drink a glass of water
- Eat a nourishing breakfast (protein/fruit smoothies are great for quick meals on the go)

Journal, pray, or meditate (5+ minutes)

Midday Reset

- Designate quiet time for everyone
- Rest, nap, read, or do something peaceful
- Step outside for fresh air or a short walk

Evening Wind-Down

- 30–60 minutes of “me time” after kids' bedtime
- Hot shower or bath
- Skincare or relaxing ritual (this maybe doable on the weekends)
- Do nothing for 5 mins minimum (just be still)

Micro-Moments of Self-Care

- Say an affirmation or gratitude aloud
- Take 3 deep breaths before teaching
- Light a candle or diffuse oils
- Laugh, stretch, or dance (no music) with your kids



Quick tidy-up for a calmer space

Weekly Self-Care

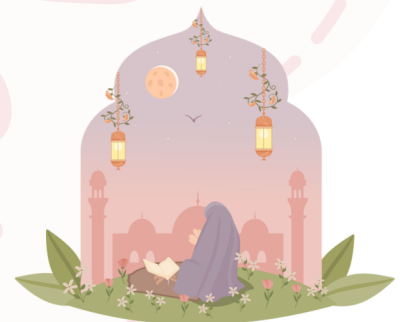
- Schedule your weekly lesson & life planning session
- Have 1–2 solo “you time” blocks (coffee, walk, hobby, etc.)
- Connect with another mom or friend
- Practice or enjoy a personal hobby
- Journal: How am I really feeling?

Simplify & Delegate (* This is absolutely important)

- Prep meals or snacks ahead of time
- Ask for help or assign chores to kids
- Let go of one non-essential task
- Use delivery, outsourcing, or pre-made meals if needed

صالح

I matter



take care of your mind

Mental & Emotional Health

- Check in with your emotions (name them)
- Use a mindfulness or meditation app
- Talk to a therapist or trusted friend if needed

Sleep & Rest

- Aim for 7–8 hours of sleep
- Follow a wind-down ritual before bed
- Take a cat nap if needed—guilt-free! (Moms with younger children can nap when they nap)



Monthly Check-In

- What's draining me right now?
- What's energizing me?
- Can I simplify anything next month?
- Schedule a "Mom's Day" (solo outing, mini retreat, or home spa day)

