Week 4

Find your people + your rhythm

This is the week that makes everything else last: real community for you and your kids, and a simple daily rhythm you can actually keep.

YOUR WEEK 4 CHECKLIST

- [ ] Watch Video 5: Find Your People + Your Rhythm
- [ ] Pick 2–3 groups and put the dates on your calendar (page 2)
- [ ] Go, then go back (page 3)
- [ ] Write your morning rhythm and try it for a week (page 4)
- [ ] Week 4 check-in (page 5)
- [ ] Watch Video 6: You Did It — What's Next (page 6)

2 videos	*2–3 groups*	*1 rhythm*
about 13 minutes	to try	not a schedule

Your bonus this week: Dinners Without Thinking: 30 Cut Up and Dump Meals, so dinner isn't one more decision.

Find your people

Watch: Video 5, Part 1 — Community

Do this: Community isn't about joining the most groups. It's about finding one or two that feel like yours, and the only way to know is to show up more than once. Pick 2–3 to try and put the dates on your calendar now.

WHERE TO LOOK

- ☐ Facebook: "[your town] homeschool"
- ☐ Co-ops
- ☐ Library programs
- ☐ Park days
- ☐ Church or community groups
- ☐ Nature or hiking groups
- ☐ Classes and sports (music, gymnastics)
- ☐ Your state homeschool organization

GROUPS I'LL TRY

GROUP	FIRST DATE I'LL GO	ON MY CALENDAR?
		☐
		☐
		☐

NOT SURE WHAT TO SAY? BORROW THESE.

INTRO POST FOR A FACEBOOK GROUP

"Hi! We're new to homeschooling in [town] with a [age] and a [age]. We love [nature walks, books, Legos]. Are there any park days or meetups coming up that would be good for newbies?"

CONVERSATION STARTERS AT A MEETUP

"How long have you been homeschooling?" · "What's working for you right now?" · "What do your kids love?" · "Would you want to meet at the park next week?"

Go, then go back

Watch: Video 5, Part 1

> **Remember:** groups see new faces all the time, so it may feel slow at first. Consistency is what turns strangers into friends. Give each group at least two or three visits before you decide.

SMALL THINGS THAT MAKE A BIG DIFFERENCE

- [ ] Have one real conversation with another parent, not just a wave
- [ ] Go back to the same group, on the same day, more than once
- [ ] Learn one mom's name and her kids' names
- [ ] Invite one family to the park or over for a playdate
- [ ] Offer to help: bring snacks, lead an activity, host once

AFTER A FEW VISITS

Which group felt most like "our people," and why?

Would my kids want to go back?

My plan to keep showing up, even when it's easier to stay home:

One family I'll invite to get together: _____

Your morning rhythm

Watch: Video 5, Part 2 — Your Rhythm

> **Do this:** A rhythm is an order, not a clock. "Breakfast, then read-aloud, then outside" survives a slow morning; "9:00 to 9:15" doesn't. Keep it to 5–7 blocks, and leave the afternoons for life.

HERE'S OURS, AS AN EXAMPLE

Breakfast together → read-aloud → nature walk → board game → chores → language arts → math → an activity or meetup

THINK IT THROUGH

What has to happen most days?

Where does our connection ritual fit?

What can flex?

Where do our library books fit?

OUR RHYTHM

1.
2.
3.
4.
5.
6.
7.

AFTER ONE WEEK

What worked?

What will we change?

Week 4 check-in

> **A last look back** before you finish. Not a test, just a moment to notice how far you've come.

Compared to Week 1, how do I feel about homeschooling now?

One fear from Week 1 that feels smaller today:

What's working that I want to keep doing?

My next step after this course:

Notes

WATCH: VIDEO 6 — YOU DID IT: WHAT'S NEXT

You did it.

Thirty days ago, you wrote down your why and your fears. **Go back to page 2 of your Week 1 workbook and read it now.** Notice what's changed. That's the course.

YOUR NEXT STEPS

- ☐ **Take the Curriculum Quiz.** Now that you know how your child learns, it matches your family with reading and math options that fit. Find it in your course dashboard.
- ☐ **Want to know what to teach at each age?** "What Do I Actually Teach?" breaks subjects down by age and shows how one topic covers many subjects.
- ☐ **Working while you homeschool?** "How to Work and Homeschool" walks you through making it fit.
- ☐ **Keep listening.** A new homeschool family interview every Saturday on The Homeschool How To podcast.

Thank you for letting me walk alongside you this month. You did the hard part: you started.

— Cheryl