

7

DAYS of SIMPLE

- * 7 Simple Recipes
- * 7 Simple Kid Activities
- * 7 Simple Organizing Hacks

*... because life doesn't have to be complicated to be
enjoyed.*

Hi!

I'm Becky Mansfield – mother of four young kids, wife of my high-school sweetheart, second grade teacher turned blogger and author. I blog at yourmodernfamily.com, where I can share my favorite tips, ideas and ways to make life easier & more enjoyable!

We are BUSY in this modern world, so having someone navigate the day with you is *helpful*. We can do it together! We need to enjoy the small stuff, not sweat it. Play more, worry less.

To help us do that, I've compiled my favorite 7 crock pot recipes, my favorite 7 activities, and my favorite 7 organizing tips. This will get you through this week with just a little help.

If it is helpful, stop by my blog, yourmodernfamily.com to see more.

Thanks!

Becky

These recipes are all Crock-Pot Recipes, because I like to make them in the morning when I am making breakfast and be done for the day. This way, the kitchen will be messy one time and then it stays clean all day.

RECIPE 1: BBQ Chicken:

6 Chicken Breasts
1 can Coke
18 oz. Bottle of BBQ sauce
salt & pepper to taste

Combine in crock-pot and let it cook on high for 4 hours. Shred the chicken. Before you eat, drain excess liquid and add the BBQ Sauce. Let cook 20 more minutes.

RECIPE 2: Fiesta Chicken

2-3 Chicken Breasts
1 can black beans (rinsed & drained)
1 can or bag of corn
1 Jar salsa
1 can refried beans

Cook everything except the refried beans in the crockpot on low for 6-8 hours or on high for 4 hours. Add the refried beans and let it cook 20 more minutes. Serve with chips and let the kids “scoop it” into their mouths.

RECIPE 3: Easy Chicken

4 Chicken Breasts
1 package dry Italian dressing mix
1 cup warm water

Place all ingredients in slow cooker. Mix. Cook on low 8-10 hours.

RECIPE 4: Mac and Cheese

4 cups uncooked noodles
2 cups cheddar cheese
8 oz. cream cheese (cut up)
4 cups milk

Combine in slow cooker and cook for 4 hours.

RECIPE 5: Tacos

4 chicken breasts
1 package taco seasoning
1 can rotel (we use mild)

Cook 4-6 hours, then shred chicken & serve in taco or tortilla shells.

RECIPE 6: Lasagna

1 packages of large ravioli
1 (16oz) jar spaghetti sauce
2-3 cups shredded mozzarella cheese

Spray crock pot. Layer ravioli, sauce, cheese, ravioli, sauce, cheese... until $\frac{3}{4}$ full. Cook on low for 4 hours.

RECIPE 7: Orange Chicken

1 can orange soda
4 chicken breasts
1/3 cup soy sauce
1/8 cup orange marmalade (optional)

Make the night before. Combine in crockpot and let it sit overnight – cook in the morning for 6-8 hours.

Activities by Day:

Day 1- Activities

Shaving cream in a baking dish. No matter how old your kids are right now- they will love this one! Just squirt some shaving cream (I buy the cheapest kind for this activity) into a baking dish. Let the kids play. Add food coloring to make it more fun!

Day 2- Drawing

Lay out a really long sheet of paper (I buy it at Ikea) and let the kids go crazy! Lay out markers, colored pencils, crayons and stickers. Let them decorate it and just have fun!

Day 3- Drawing upside-down.

Let's mix up day two just a bit... Tape the paper UNDER the table and let them paint, by lying on their backs. (Call them '*Michelangelo*')

Day 4- Make your own invention box

Grab an empty box or tote and fill it with things from around the house (materials, yarn, paper, stickers...) You can even take apart things like keyboards and put them in your box. Just let them build things and create new things (robots, etc...)

Day 5- Make a Racetrack Curtain

Grab a shower curtain that you don't use or an extra one that you have bought for \$1. Draw roads and let the kids draw houses, stores and their favorite places. Let the kids use their cars, dolls and figurines on the curtain. They have just made their own town and will love playing on it!

Day 6- Easy Keep it up.

Grab a towel and a beach ball and play keep it up. Each of you take one side of the towel and lay the ball or balloon on the towel. Throw it into the air (using the towel) and try to keep it off of the ground.

Day 7- Print out a picture of themselves.

Make it big (like 8 X 10) and let them color themselves like something else. Maybe Santa or a Ninja? Maybe Iron Man or a Princess?

7 Organizing Tips:

- 1- Line your refrigerator with Saran wrap. If something spills, you can take it off and replace the saran wrap. Easy cleanup!
2. Keep a basket by the steps. Anything that needs to go upstairs goes in the basket.
3. Keep your flat sheet and your fitted sheet in a pillowcase. You can just grab the pillowcase out of the linen closet and it will be ready.
4. Put instruction manuals in a three-ring binder. You will have them all in one place and not have to look all over the place for them.
5. Keep a laundry basket in each child's bedroom. When they find that the basket is full – they bring it into the laundry room to be washed.
- 6- Store extra shampoos, deodorants, etc. in an over-the-door organizer.
7. Keep toys in the living room hidden with an ottoman that has a lid.

Listen earnestly to
anything your
children want to tell
you, no matter what.
If you **don't** listen
eagerly to the *little stuff*
when they are little
they won't tell you the
big stuff when they are
big
because to them all
of it has always
been big stuff.



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