

After-School Routine

A calm, predictable landing after a big school day

1	Hang up bag & coat Everything has a home — shoes off, bag on the hook.	M T W T F ☐ ☐ ☐ ☐ ☐
2	Wash hands & snack Refuel with a drink and a snack at the table.	M T W T F ☐ ☐ ☐ ☐ ☐
3	Quiet reset (15 min) Read, draw, or just rest — no screens yet.	M T W T F ☐ ☐ ☐ ☐ ☐
4	Homework / reading One focused block at a tidy spot. Ask for help early.	M T W T F ☐ ☐ ☐ ☐ ☐
5	Free play or outside Move your body, play, or see a friend.	M T W T F ☐ ☐ ☐ ☐ ☐
6	Pack for tomorrow Bag by the door, clothes out, water bottle emptied.	M T W T F ☐ ☐ ☐ ☐ ☐
7	Dinner & chat One good thing from today, one thing you're proud of.	M T W T F ☐ ☐ ☐ ☐ ☐
8	Wind down Bath, story, lights low — ready for a good sleep.	M T W T F ☐ ☐ ☐ ☐ ☐

Tick a box each day it's done. Five ticks in a row = you nailed the week!

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