



Student Name: _____

Obtain Marks: _____

After-School Routine Board

Routine & Structure



1. Welcome Home (First 15 Mins)

- ☐ Take off shoes & put them by the door
- ☐ Wash hands with soap
- ☐ Hang up backpack & coat
- ☐ Empty lunchbox & place in the sink



2. Refuel & Reset (15–30 Mins)

- ☐ Have a healthy snack & drink water
- ☐ Take 10 minutes to relax or stretch
- ☐ Talk about 1 good thing that happened today

3. Brain Power Time (30–45 Mins)

- ☐ Check homework folder & assignment planner
- ☐ Finish math or writing worksheets
- ☐ Complete reading assignment
- ☐ Show completed work to a parent



4. Reset & Prepare (15 Mins)

- ☐ Pack completed homework back into backpack
- ☐ Choose and lay out clothes
- ☐ Clean up study desk

5. Free Time & Fun! (Reward Time)

- ☐ Outdoor play / games
- ☐ Screen time (if allowed)
- ☐ Creative time / drawing / reading

