

After-School Routine Board

Routine & Structure



1. Welcome Home (First 15 Mins)

☐

Take off shoes & put them by the door

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Wash hands with soap

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Hang up backpack & coat

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Empty lunchbox & place in the sink



2. Refuel & Reset (15–30 Mins)

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Have a healthy snack & drink water

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Take 10 minutes to relax or stretch

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Talk about 1 good thing that happened today

3. Brain Power Time (30–45 Mins)

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Check homework folder & assignment planner

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Finish math or writing worksheets

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Complete reading assignment

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Show completed work to a parent



4. Reset & Prepare (15 Mins)

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Pack completed homework back into backpack

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Choose and lay out clothes

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Clean up study desk

5. Free Time & Fun! (Reward Time)

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Outdoor play / games

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Screen time (if allowed)

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Creative time / drawing / reading

