



# After-School Routine Checklist

Homework + chores + backpack reset + tomorrow prep

## Today after school

- ☐ Put backpack, lunchbox and shoes in their home
- ☐ Snack + water
- ☐ 10-20 minute reset / movement
- ☐ Check assignments and due dates
- ☐ Choose the first homework task
- ☐ Focused homework / study block
- ☐ Quick chore or household responsibility
- ☐ Pack backpack for tomorrow
- ☐ Check calendar: rides, practices, events
- ☐ Set out anything needed for the morning

### The three things that matter most today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Parent check-in: ask once, then let the checklist carry the reminder.

Customize this page for age, ability, activities and your family schedule.