

After-School Routine Chart

Weekly Tracker

Week 1 Completed

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Week 2

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

First: Time to Decompress

- ☐ Have a snack
- ☐ Quiet time (rest, play, or relax)
- ☐ No pressure / no questions

Next: Gentle Connection

- ☐ Light conversation
- ☐ Share something about my day
- ☐ Parent check

Then: Focus Time

- ☐ Homework / reading
- ☐ Structured activity

Evening: Wind Down

- ☐ Free play / family time
- ☐ Dinner
- ☐ Prepare for tomorrow (bag, clothes)
- ☐ Calm routine (bath, reading)
- ☐ Bedtime

After-School Routine Chart

Weekly Tracker

Week 3 Completed

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

Week 4

Monday ☐

Tuesday ☐

Wednesday ☐

Thursday ☐

Friday ☐

First: Time to Decompress

- ☐ Have a snack
- ☐ Quiet time (rest, play, or relax)
- ☐ No pressure / no questions

Next: Gentle Connection

- ☐ Light conversation
- ☐ Share something about my day
- ☐ Parent check

Then: Focus Time

- ☐ Homework / reading
- ☐ Structured activity

Evening: Wind Down

- ☐ Free play / family time
- ☐ Dinner
- ☐ Prepare for tomorrow (bag, clothes)
- ☐ Calm routine (bath, reading)
- ☐ Bedtime