AFTER-SCHOOL
RESET ROUTINE CHART

Small steps. A calmer home. Happier children.

WEEKLY TRACKER

Tick each day you try your after-school routine.

WEEK 1

- Monday ☐
- Tuesday ☐
- Wednesday ☐
- Thursday ☐
- Friday ☐

WEEK 2

- Monday ☐
- Tuesday ☐
- Wednesday ☐
- Thursday ☐
- Friday ☐

Progress, not perfection

1. ARRIVE AND SETTLE — 5–10 min

- ☐ Warm greeting and a hug if they enjoy it.
- ☐ Let them put down their bag and shoes.
- ☐ Give a little quiet time before the next activity.

2. SNACK AND DRINK — 10–15 min

- ☐ Offer a familiar, age-appropriate snack.
- ☐ Provide water and encourage handwashing.
- ☐ Keep mealtimes relaxed.

3. QUIET TIME OR MOVEMENT — 10–20 min

- ☐ Offer reading, drawing, or quiet play.
- ☐ Or try stretching, dancing, or outdoor play.
- ☐ Let your child choose how to recharge.

4. CONNECT AND PREVIEW — 5–10 min

- ☐ Ask one gentle question about their day.
- ☐ Listen without pressure or judgement.
- ☐ Explain what happens next: homework, dinner, or bath.

A GENTLE REMINDER

Some afternoons will still be hard. That doesn't mean you've failed. A predictable, kind landing can give you both more room to get through the transition one ordinary day at a time.

