

# My After-School Routine

- **Hang Up Coat**

- **Empty Backpack**

- \_\_\_\_\_ Look at my assignments for the day
- \_\_\_\_\_ Make sure I have everything I need for homework
- \_\_\_\_\_ Give Mom or Dad any parent papers
- \_\_\_\_\_ Clean out lunch box

- **Have a Snack**

- \_\_\_\_\_ Wash my hands first
- \_\_\_\_\_ Tell Mom and Dad about my day

- **Relax and Unwind. I can...**

- \_\_\_\_\_ Read a book
- \_\_\_\_\_ Go outside and play
- \_\_\_\_\_ Play a game
- \_\_\_\_\_ Invite a friend over (ask Mom or Dad first)

- **Do My Homework**

- \_\_\_\_\_ Double check my work
- \_\_\_\_\_ Pack my backpack for tomorrow

- **Dinner and Chores**

- \_\_\_\_\_ Help set/clear the table
- \_\_\_\_\_ Take out the trash
- \_\_\_\_\_ Other: \_\_\_\_\_

- **TV or Computer Time**

- \_\_\_\_\_ Stick to the time limits

