

# AFTER SCHOOL ROUTINE

**Unpack Bag** Empty lunchbox, water bottle, and folders.

**Healthy Snack** Sit down and refuel for the afternoon.

**Homework & Reading** Finish assignments and read for 20 minutes.

**Tidy Up Room** Put away toys and hang up clothes.

**Prepare for Tomorrow** Pack bag and pick out clothes.

**Free Time** Play outside or screen time if earned.

*"Small habits make a big difference."*