

ROUTINE CHECKLIST



MORNING LAUNCHPAD

- ☐ Wake up on time (no snooze button!)
- ☐ Brush teeth + wash face
- ☐ Eat a balanced breakfast
- ☐ Pack lunch/snack + water bottle
- ☐ Backpack check (homework, folders, supplies)
- ☐ Quick encouragement/affirmation before heading out

AFTER SCHOOL RESET

- ☐ Snack + 30-45 min downtime (play, light TV, or reading)
- ☐ Homework/reading time
- ☐ Quick backpack tidy-up for the next day
- ☐ Family check-in: share 1 win + 1 challenge from the day

EVENING WIND-DOWN

- ☐ Dinner together (if possible)
20-30 min family activity (walk, game, conversation)
- ☐ Prepare backpack + clothes for the next day
- ☐ Screen-free time at least 30 min before bed
- ☐ Storytime / reading aloud
- ☐ Consistent bedtime

WEEKEND CHECKLIST

- ☐ Keep a consistent wake + sleep routine
- ☐ Family outing or activity (park, museum, library)
- ☐ Dedicated reading time (family read-aloud or silent reading)
- ☐ Household chores (age-appropriate: laundry, tidying, dishes)
- ☐ Creative activity (art, music, building, writing)

SUNDAY PREP

- ☐ Pack lunches/snacks for Monday
- ☐ Lay out clothes
- ☐ Review the weekly calendar with kids