



Kids' After-School Checklist

- ☐ Put away backpack, lunchbox, and shoes
- ☐ Wash hands
- ☐ Eat a healthy snack
- ☐ Check for homework or school notes
- ☐ Complete homework or reading
- ☐ Tidy up your room or backpack area
- ☐ Do a quick chore (feed pet, set table, etc.)
- ☐ Enjoy playtime (outdoors, creative, or screen time)
- ☐ Pack up for tomorrow (homework, supplies, clothes)
- ☐ Relax and wind down before dinner
- ☐ Help clear the table or clean up dinner area
- ☐ Get ready for bed
- ☐ Choose a book or calm activity before sleep