



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