









# After School Checklist

-  Hang up coat
-  Eat healthy snack
-  Do homework
-  Empty backpack
-  Read for 20 minutes
-  Daily chore



# After School Checklist

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
 Hang up coat							
 Eat healthy snack							
 Do homework							
 Empty backpack							
 Read for 20 minutes							
 Daily chore							



# After School

<b>M</b> <b>O</b> <b>N</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Practice instrument
<b>T</b> <b>U</b> <b>E</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Exercise
<b>W</b> <b>E</b> <b>D</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Practice instrument
<b>T</b> <b>H</b> <b>U</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Exercise
<b>F</b> <b>R</b> <b>I</b>	Do homework	Healthy snack	Practice instrument		
<b>S</b> <b>A</b> <b>T</b>	Gym uniform in laundry	Strip your bed	Help with laundry	Exercise	
<b>S</b> <b>U</b> <b>N</b>	Do homework	Plug in laptop	Practice instrument	Walk the dog	

# After School Checklist

## Backpack

Empty lunchbox  
 Show parents papers  
 Plug in laptop  
 Hang up backpack

## Homework

Language arts  
 Math  
 Social studies homework  
 Science  
 Practice spelling

## Take a Break

Have a snack  
 30 min screen time

## Dinnertime

Set table  
 Help cook dinner  
 Feed the cat

## Activities

Mon  
 Tues  
 Wed  
 Thurs  
 Fri

## Bedtime

Take a bath  
 Lay out clothes  
 Read



# After School Checklist



Hang up coat



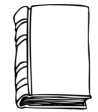
Eat healthy snack



Do homework



Empty backpack



Read for 20 minutes



Daily chore



# After School Checklist

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
 Hang up coat							
 Eat healthy snack							
 Do homework							
 Empty backpack							
 Read for 20 minutes							
 Daily chore							



# After School

<b>M</b> <b>O</b> <b>N</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Practice instrument
<b>T</b> <b>U</b> <b>E</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Exercise
<b>W</b> <b>E</b> <b>D</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Practice instrument
<b>T</b> <b>H</b> <b>U</b>	Do homework	Empty backpack	Healthy snack	Plug in laptop	Exercise
<b>F</b> <b>R</b> <b>I</b>	Do homework	Healthy snack	Practice instrument		
<b>S</b> <b>A</b> <b>T</b>	Gym uniform in laundry	Strip your bed	Help with laundry	Exercise	
<b>S</b> <b>U</b> <b>N</b>	Do homework	Plug in laptop	Practice instrument	Walk the dog	



# After School Checklist

## Backpack

Empty lunchbox

Show parents papers

Plug in laptop

Hang up backpack

## Homework

Language arts

Math

Social studies homework

Science

Practice spelling

## Take a Break

Have a snack

30 min screen time

## Dinnertime

Set table

Help cook dinner

Feed the cat

## Activities

Mon

Tues

Wed

Thurs

Fri

## Bedtime

Take a bath

Lay out clothes

Read