After-School Routine

Home from school? Follow the steps, one by one.

Name _____ Home at _____

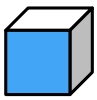
__:__		Unpack my backpack and lunch box	☐
__:__		Wash my hands	☐
__:__		Healthy snack and water	☐
__:__		Homework or reading time	☐
__:__		Play outside or move	☐
__:__		Tidy up and help at home	☐
__:__		Help set the table for dinner	☐

When everything is checked, I can choose:

 art

 a book

 bike ride

 building

 music