











After-School Checklist Template

Creating a **consistent after-school routine** helps your child **transition smoothly from school to home** while building **independence**. Use this **checklist** to keep them on track!

After-School Routine

-  **Unpack Backpack** – Take out homework, notes, and lunchbox.
 -  **Snack & Relax** – Have a **healthy snack** and unwind for a few minutes.
 -  **Homework Time** – Complete assignments in a **quiet, focused space**.
 -  **Review & Pack for Tomorrow** – Check that **homework is done**, **pack backpack**, and **lay out clothes**.
 -  **Free Time** – Play, read, or do a **preferred activity** before dinner.
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Customizing Your Child's Checklist

-  Add specific tasks based on their needs (*e.g., sports practice, therapy, or reading time*).
 -  Use a **visual schedule** for younger children or a **written checklist** for older kids.
 -  **Laminate and use a dry-erase marker** to check off tasks daily.
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Empower • Educate • Elevate

A **predictable after-school routine** builds **confidence, independence, and success**.

Need Help Creating a Personalized After-School Routine?

Book a **free 30-minute consultation** for expert guidance on **establishing routines** that support your child's **success and independence**.

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TrottaLearningSolutions@gmail.com
TrottaLearningSolutions.com

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✉ **Contact:** TrottaLearningSolutions@gmail.com

🌐 **Website:** TrottaLearningSolutions.com

♥ Which task will your child take charge of today? ✓

Warmly,

Tom