

Design My After-School Routine

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Create an after-school sequence with choice, rest and realistic buffer time.

After school, your brain and body may need different things on different days. A routine is a flexible path, not a race. Put necessary tasks beside rest and interests, and leave a buffer for the unexpected.

Your steps

1. Choose an order for rest, snack, movement, work and interest time.
2. Estimate a realistic length for each part.
3. Add a buffer and one choice point.
4. Test the routine once and adjust it.

1. Put my afternoon in order

Write your order using the five options. Combine parts if that works for you.

Order	Activity	About how long?	Start cue
1			
2			
3			
4			
5			

2. Leave room for real life

Include a buffer, not just a packed schedule.

My buffer time + where it fits	On a low-energy day I can...
A choice I want to keep	A family agreement I need

Getting Organized at Home · Grades 3–5 / 6–8 · 20 minutes · FREE

Design My After-School Routine · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Try, notice, redesign

Reflect after one afternoon or walk through a fictional day.

What flowed easily?	What took longer?
What I will move or shrink	My updated first two steps

My next step

Tomorrow I will keep... and adjust...

Optional stretch · Grades 6–8

Design versions for a regular day and an activity day. Explain what stays stable and what changes.

Optional teacher / parent follow-up: Build the plan together. Account for transport, caregiving and shared space without requiring personal disclosure.