



Plan how the afternoon flows so the fun part actually happens. Fill in times, then check off as you go.

AFTERNOON PLAN

- Arrive home & unwind** 10 min
Drop bag, change clothes, hi to family
- Snack & water** 15 min
Refuel before brain work
- Homework / reading** 30–45 min
Hardest subject first
- Chore of the day** 10–15 min
See chore chart
- Free time** Open
Outside · play · screen time
- Help with dinner / set table** 10 min
- Pack tomorrow's bag** 5 min
Folder, water bottle, lunch

Notes for grown-ups (school updates, permission slips, sports):
