Home to School to Home: Routines Chart

AM at Home	Su	M	T	W	Th	F	Sa
get up on time/when called	☐	☐	☐	☐	☐	☐	☐
dress	☐	☐	☐	☐	☐	☐	☐
straighten bed and room	☐	☐	☐	☐	☐	☐	☐
healthy breakfast	☐	☐	☐	☐	☐	☐	☐
AM to School (backpack filled)							
lunch	☐	☐	☐	☐	☐	☐	☐
notes to school	☐	☐	☐	☐	☐	☐	☐
ready to leave for school on time	☐	☐	☐	☐	☐	☐	☐
brush teeth/comb hair	☐	☐	☐	☐	☐	☐	☐
coat/jacket, etc. out for school	☐	☐	☐	☐	☐	☐	☐
chores done without reminders	☐	☐	☐	☐	☐	☐	☐
At school							
turn in papers, books, notes, etc.	☐	☐	☐	☐	☐	☐	☐
settle in to morning activity	☐	☐	☐	☐	☐	☐	☐
be attentive	☐	☐	☐	☐	☐	☐	☐
work smart	☐	☐	☐	☐	☐	☐	☐
eat a healthy lunch	☐	☐	☐	☐	☐	☐	☐
play fairly	☐	☐	☐	☐	☐	☐	☐
share	☐	☐	☐	☐	☐	☐	☐
After School							
unload backpack	☐	☐	☐	☐	☐	☐	☐
wash up	☐	☐	☐	☐	☐	☐	☐
snack + clean up	☐	☐	☐	☐	☐	☐	☐
chores done without reminders	☐	☐	☐	☐	☐	☐	☐
PM Prep for Tomorrow's School Day							
Work on homework	☐	☐	☐	☐	☐	☐	☐
Read 15-30 minutes	☐	☐	☐	☐	☐	☐	☐
Work on special projects	☐	☐	☐	☐	☐	☐	☐
Reload backpack for school	☐	☐	☐	☐	☐	☐	☐
Play, read, after school activities	☐	☐	☐	☐	☐	☐	☐
Work on homework	☐	☐	☐	☐	☐	☐	☐
Help with evening meal	☐	☐	☐	☐	☐	☐	☐
Eat a healthy evening meal	☐	☐	☐	☐	☐	☐	☐
Help with evening meal clean-up	☐	☐	☐	☐	☐	☐	☐
PM Bedtime							
Wash up or bathe	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Ready for bed on time	☐	☐	☐	☐	☐	☐	☐
Bedtime ritual (read/listen to story)	☐	☐	☐	☐	☐	☐	☐
Lights out on time	☐	☐	☐	☐	☐	☐	☐