

After School Reset

A short routine for moving from school time to home time

My name: _____

Date: _____

One step at a time

Check a box when you finish each step.

1

Put your bag away

Place your bag and shoes in their spot.

☐

2

Wash hands

Wash with soap before eating.

☐

3

Have a snack and water

Refuel your body and take a breath.

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4

Take a short break

Rest, stretch, or sit quietly.

☐

5

Check homework

Look at what needs to be done today.

☐

6

Choose play time

Pick a safe activity and enjoy it.

☐

One thing I want help with:

I can ask for help when I need it.