

After-School Restart

You held it together all day — home is for letting go. Same gentle steps every day, before any questions or homework.



	M	T	W	T	F
 Bag down, shoes off	☐	☐	☐	☐	☐
 Snack first	☐	☐	☐	☐	☐
 Something to drink	☐	☐	☐	☐	☐
 Quiet time — no questions yet	☐	☐	☐	☐	☐
 Wiggle, stretch or run about	☐	☐	☐	☐	☐
 Ready to chat (when I am)	☐	☐	☐	☐	☐