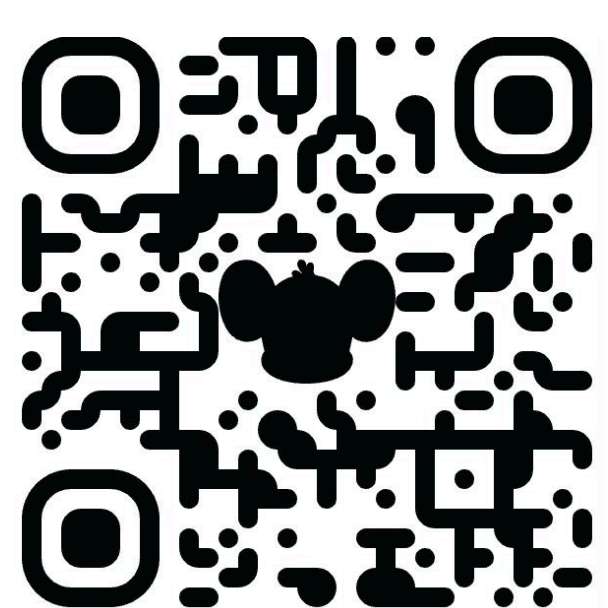




After School Checklist:

To Do

Done



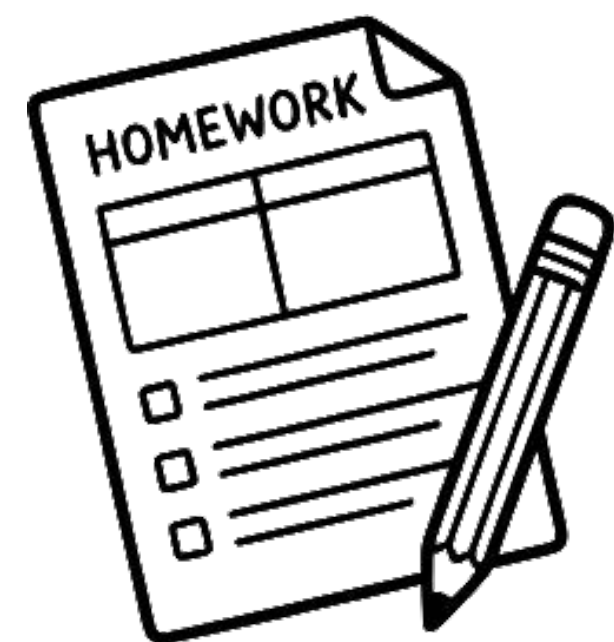
Wash Hands

☐

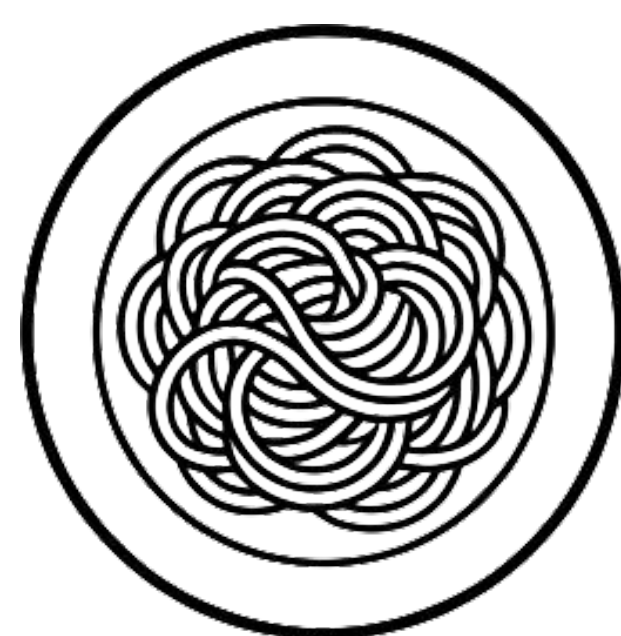
Unpack Backpack

☐

Pack Tomorrow's Lunch

☐

Do Homework

☐

Eat Dinner

☐

Help Clean Up

☐

Bath Time

☐

Brush Teeth

☐

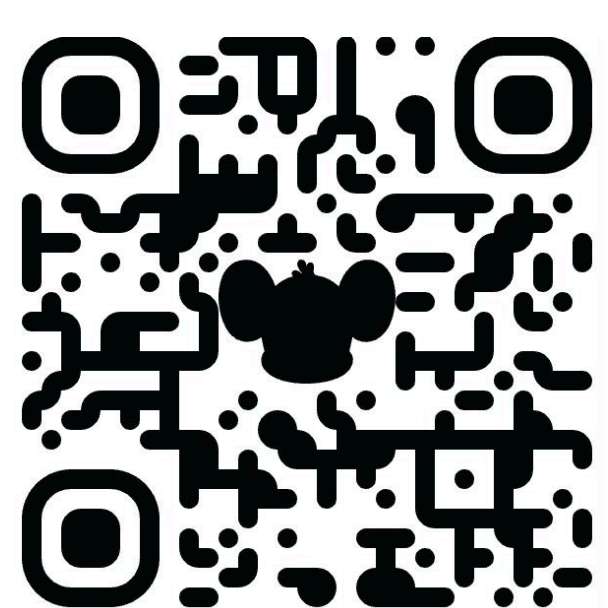
Get Backpack Ready

☐

Read

☐

Sleep Well!



Before School Checklist:

To Do

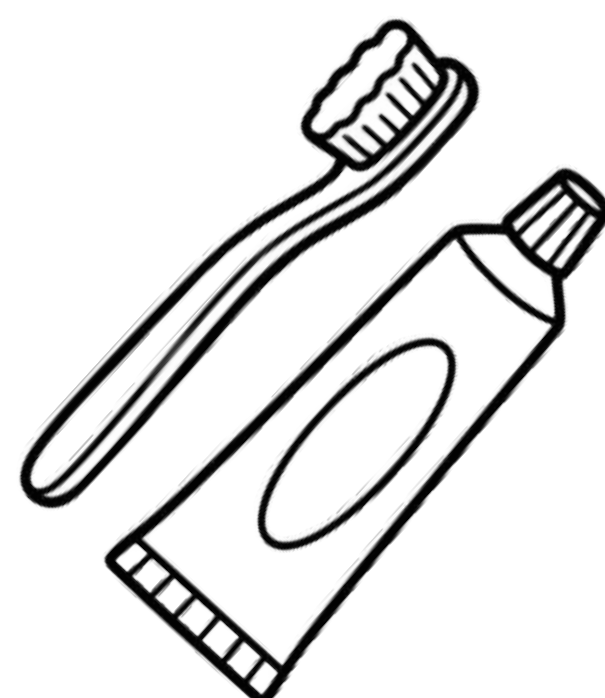
Done



Go to Bathroom

☐

Eat Breakfast

☐

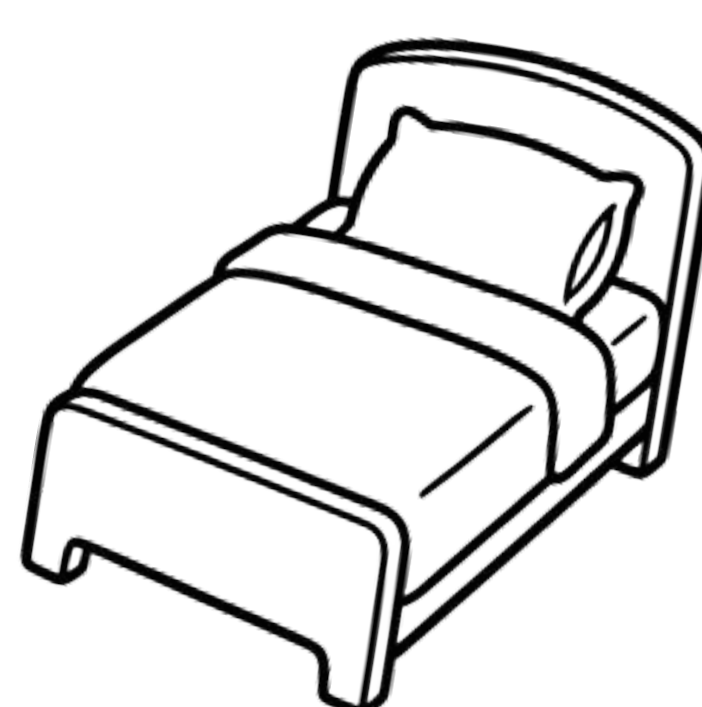
Brush Teeth

☐

Brush Hair

☐

Get Dressed

☐

Make Bed

☐

Fill Water Bottle

☐

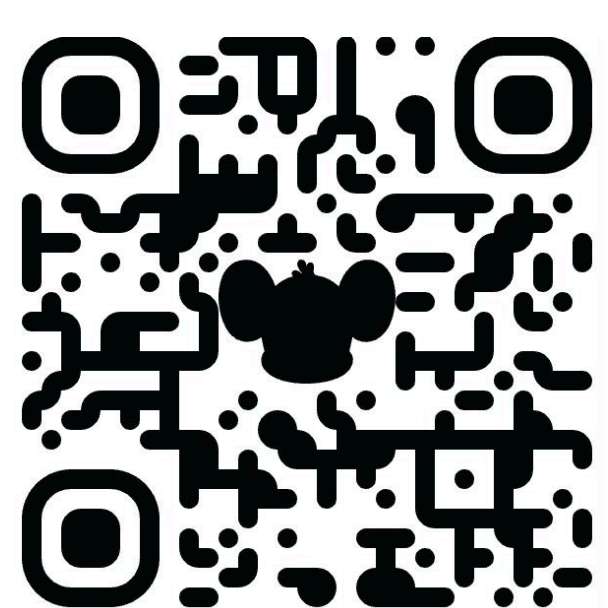
Check Backpack

☐

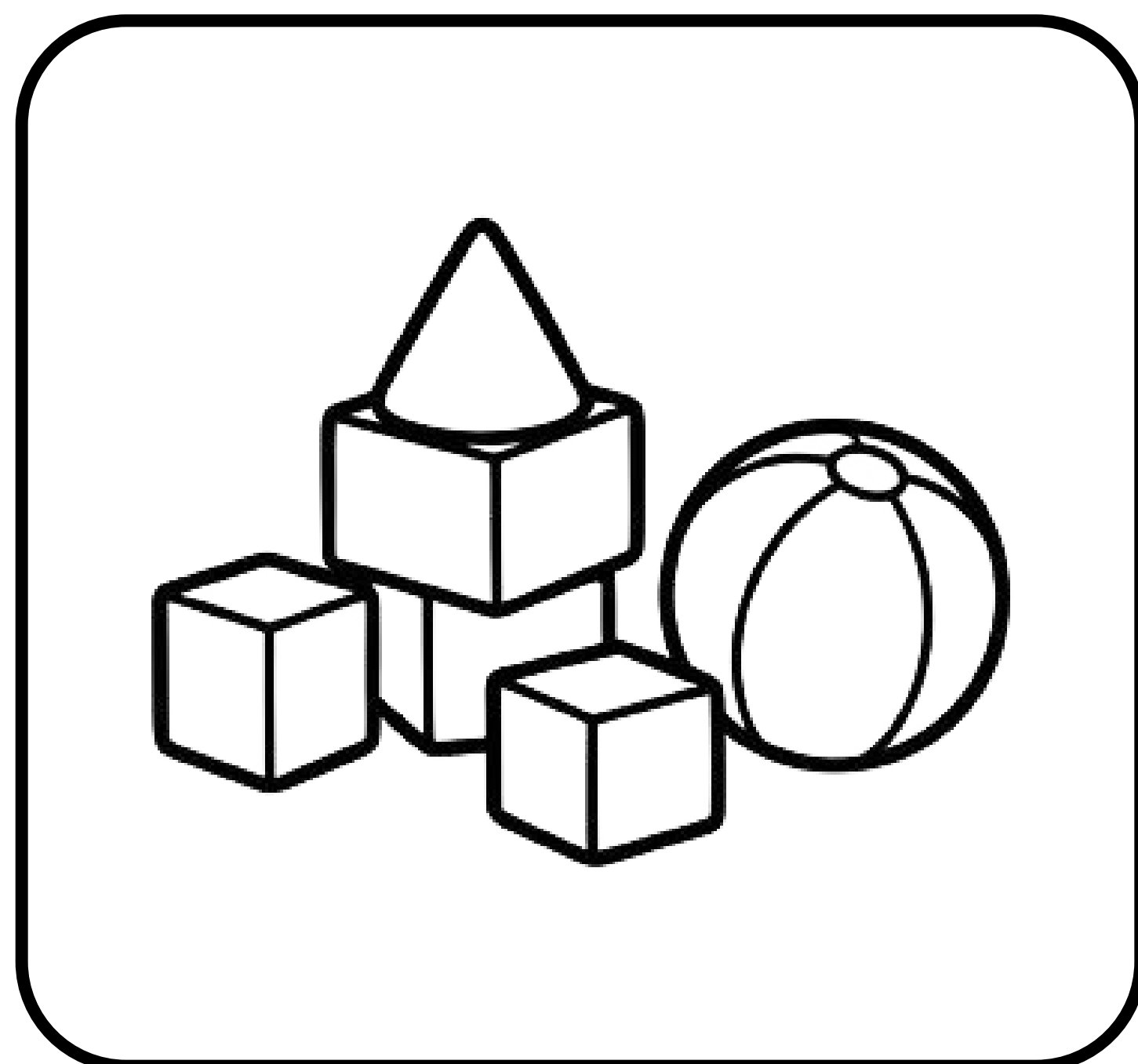
Put on Shoes and Coat

☐

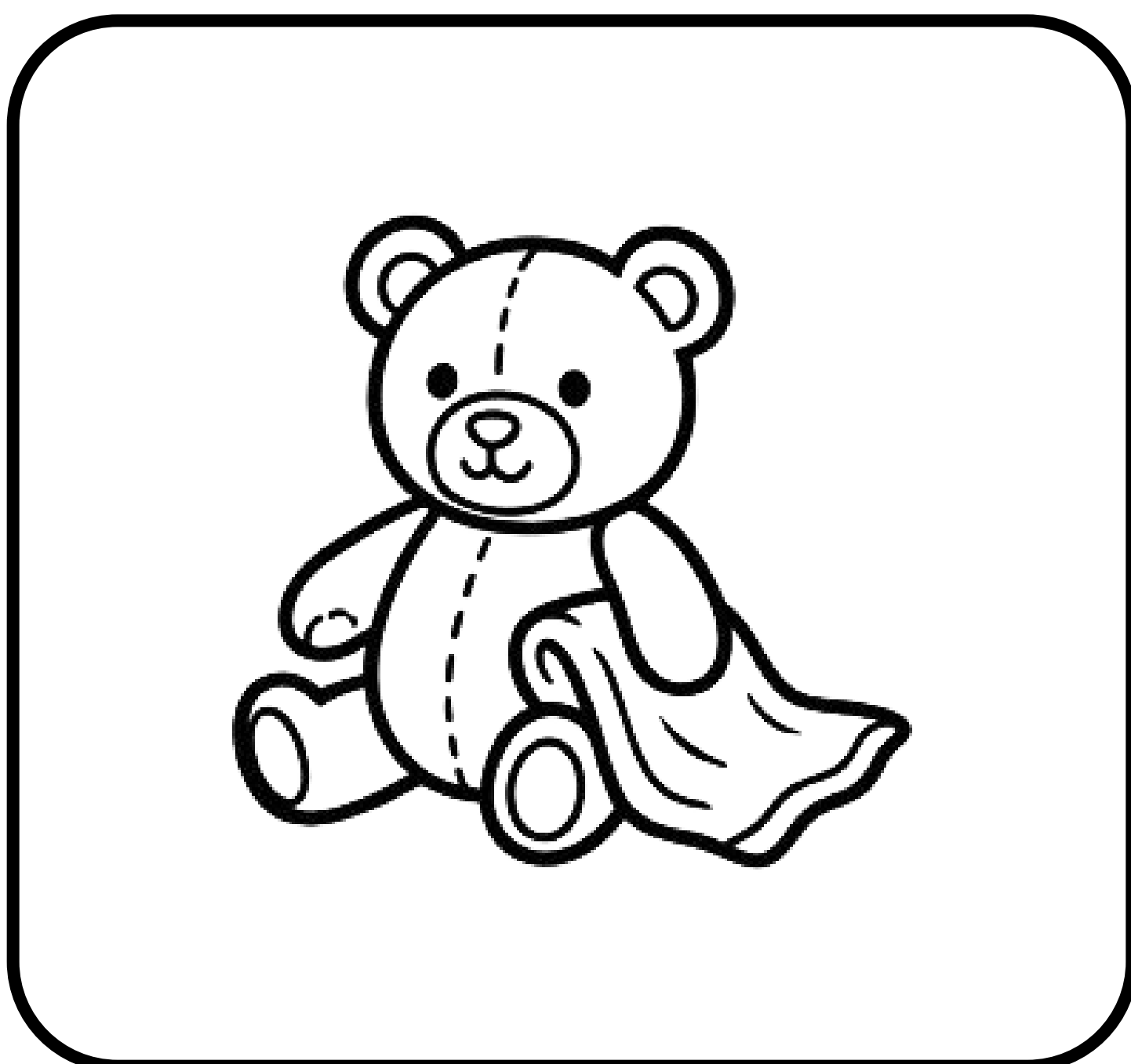
Have a Great Day!



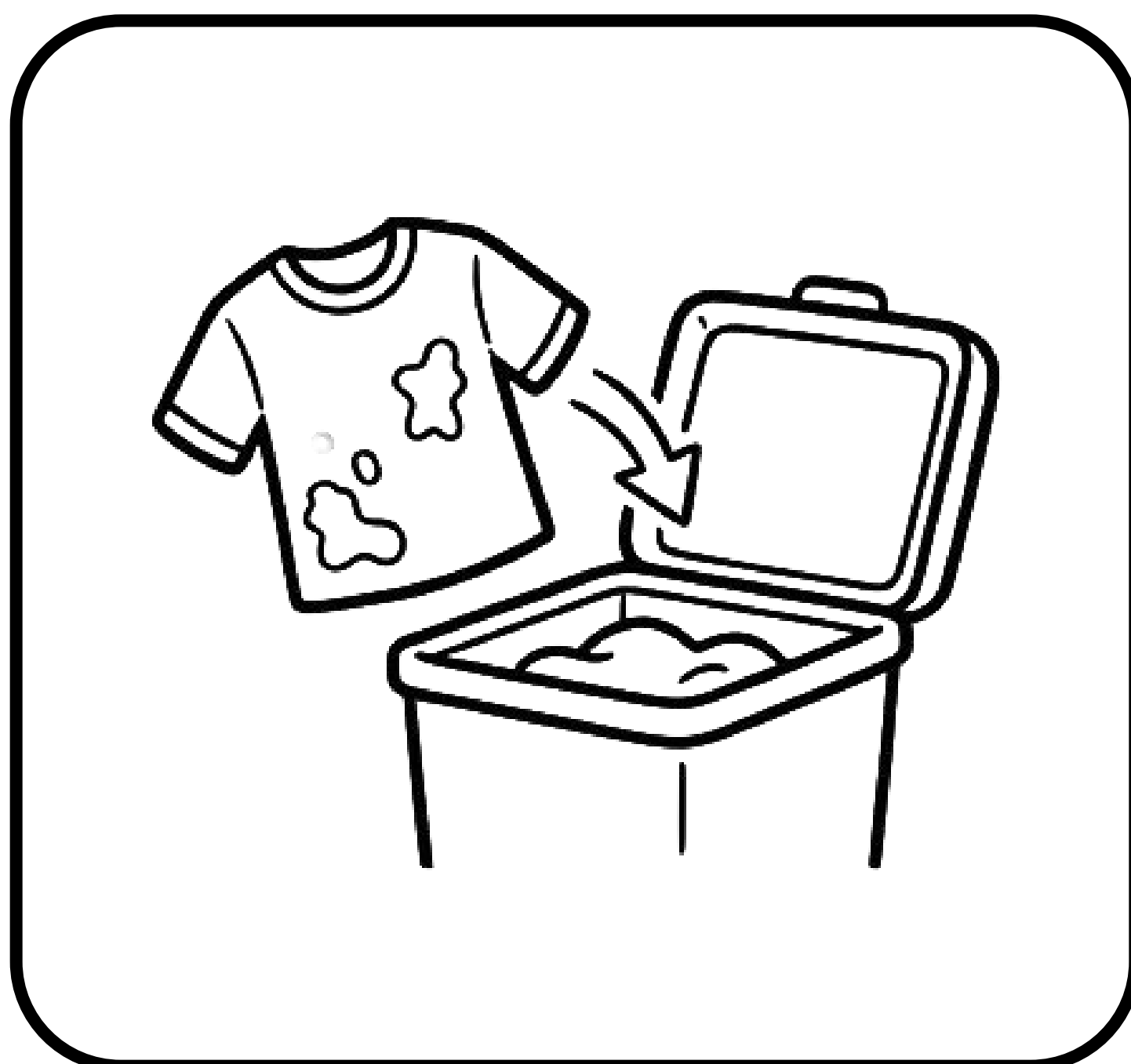
_____ 's Daily Chores



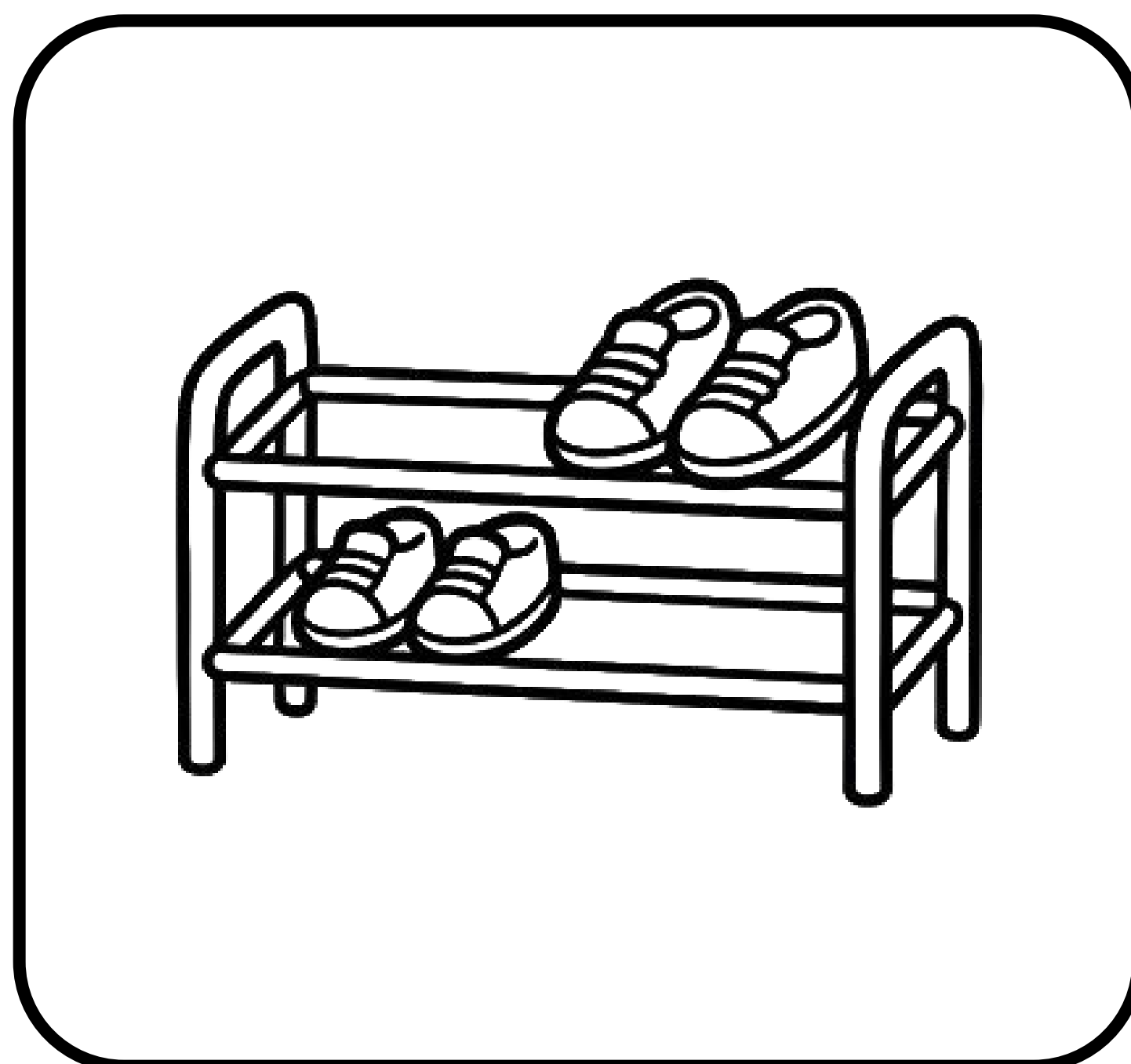
☐ Put toys away



☐ Put stuffed animals, pillows, and blankets back on bed



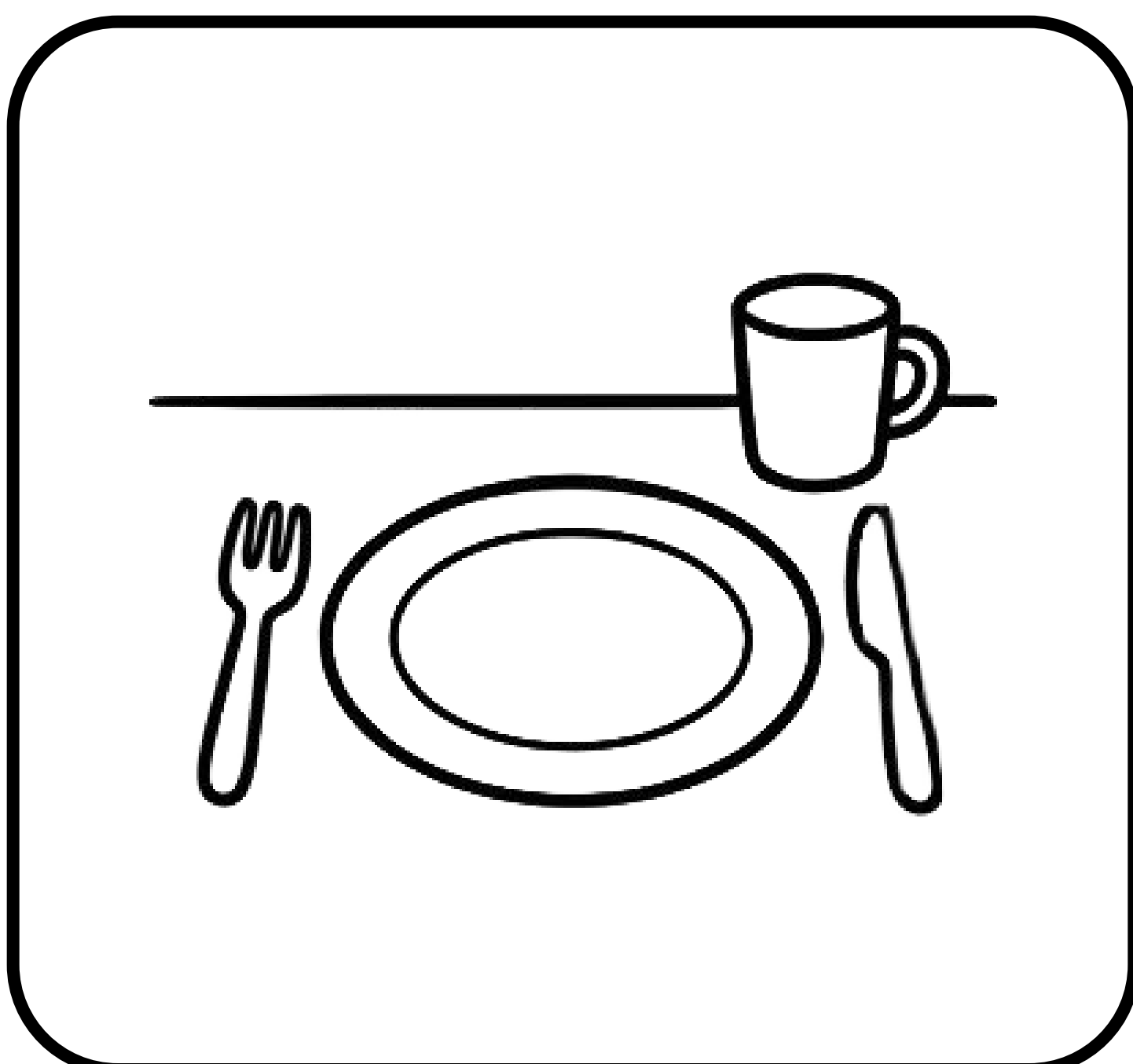
☐ Put dirty clothes in the hamper



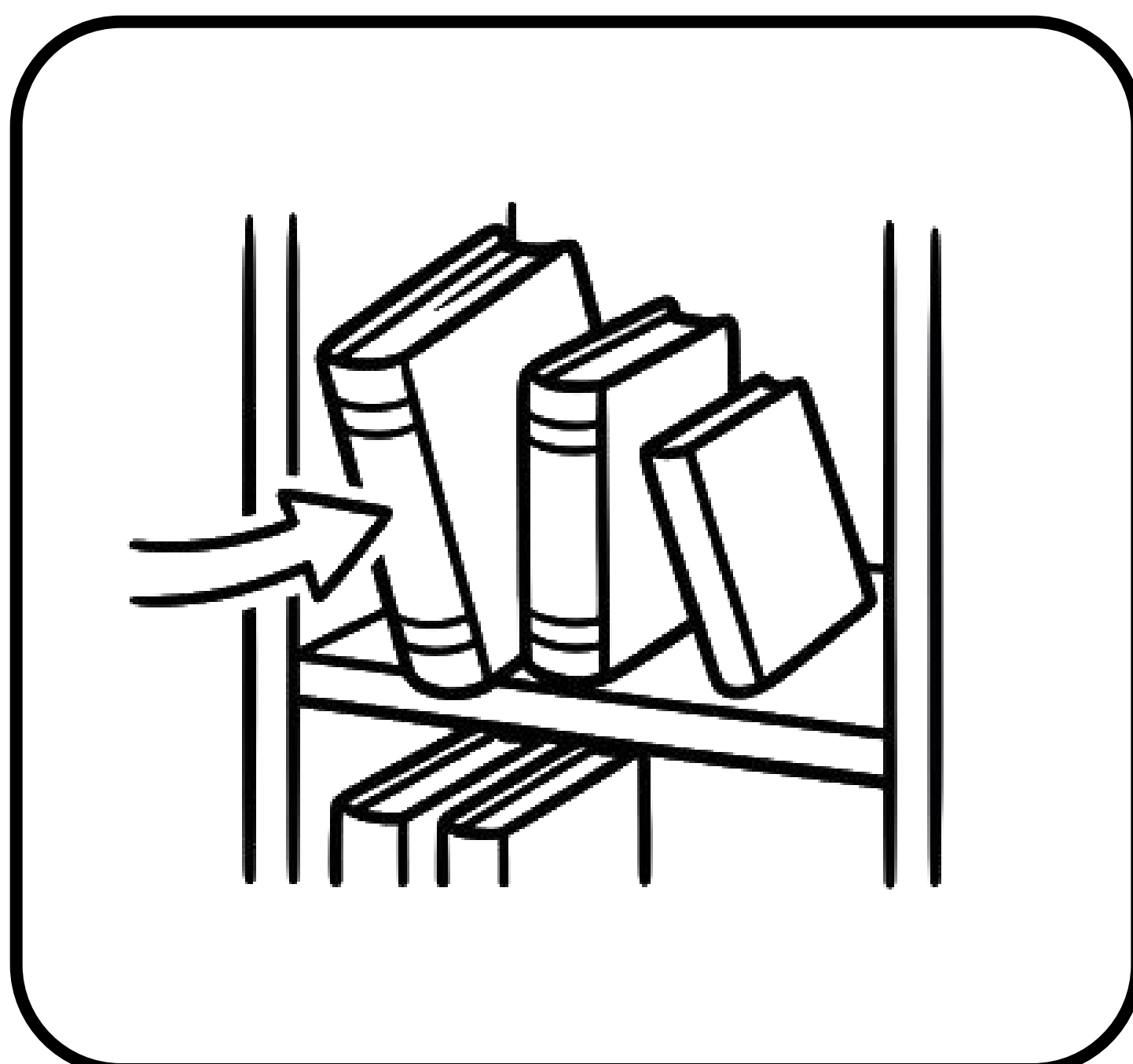
☐ Put shoes away



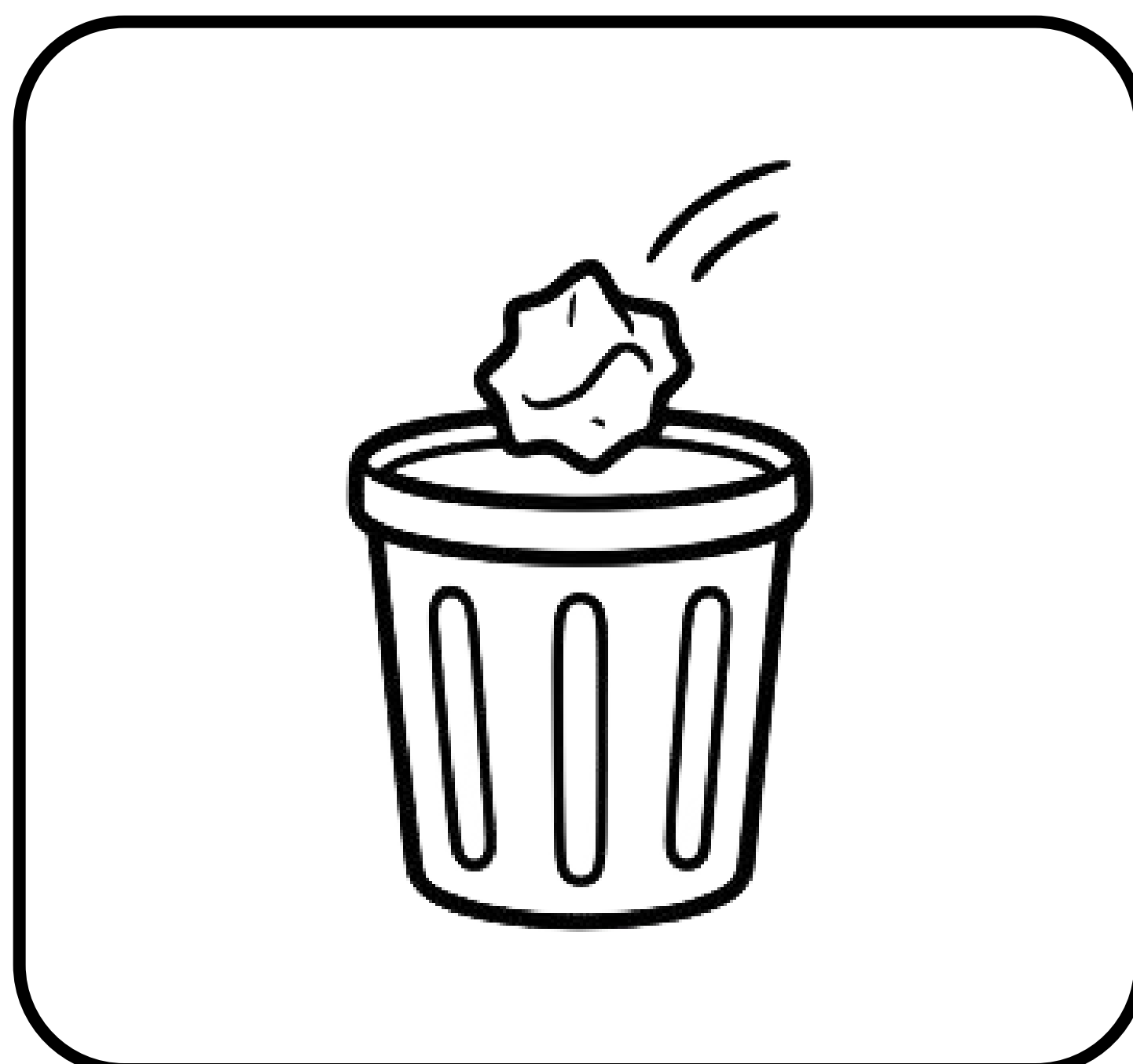
☐ Hang up coat



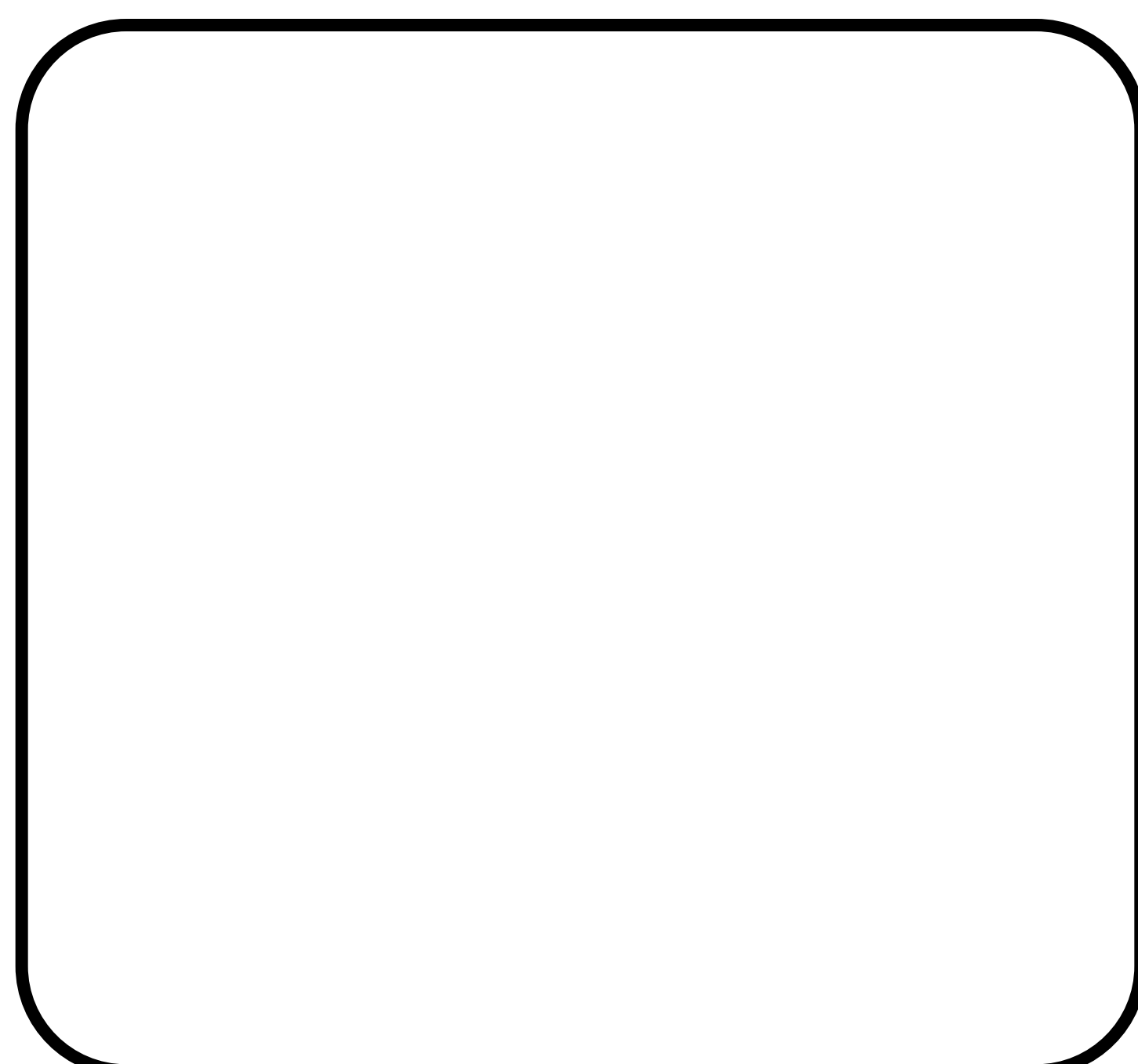
☐ Help set the table



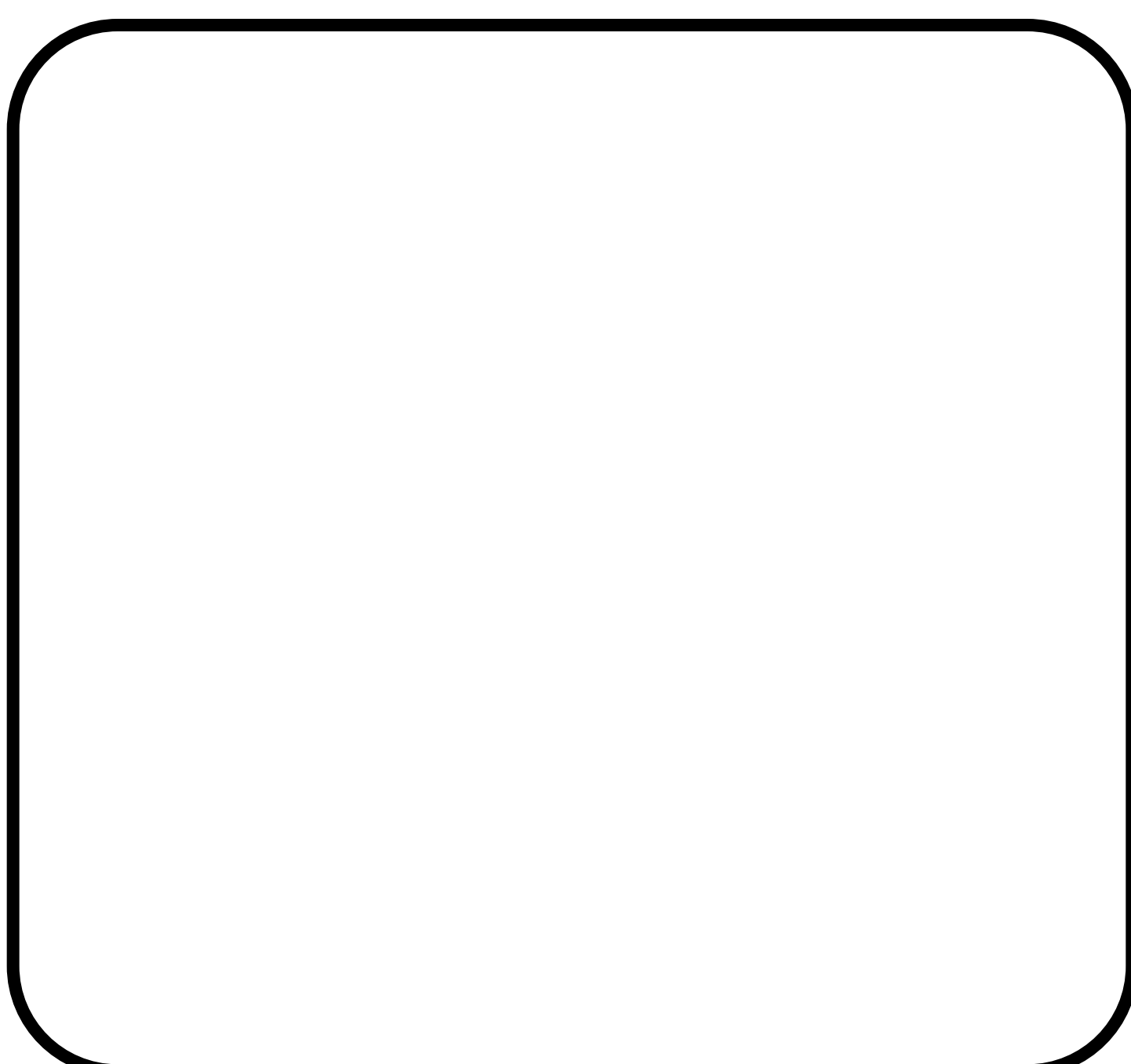
☐ Put books away



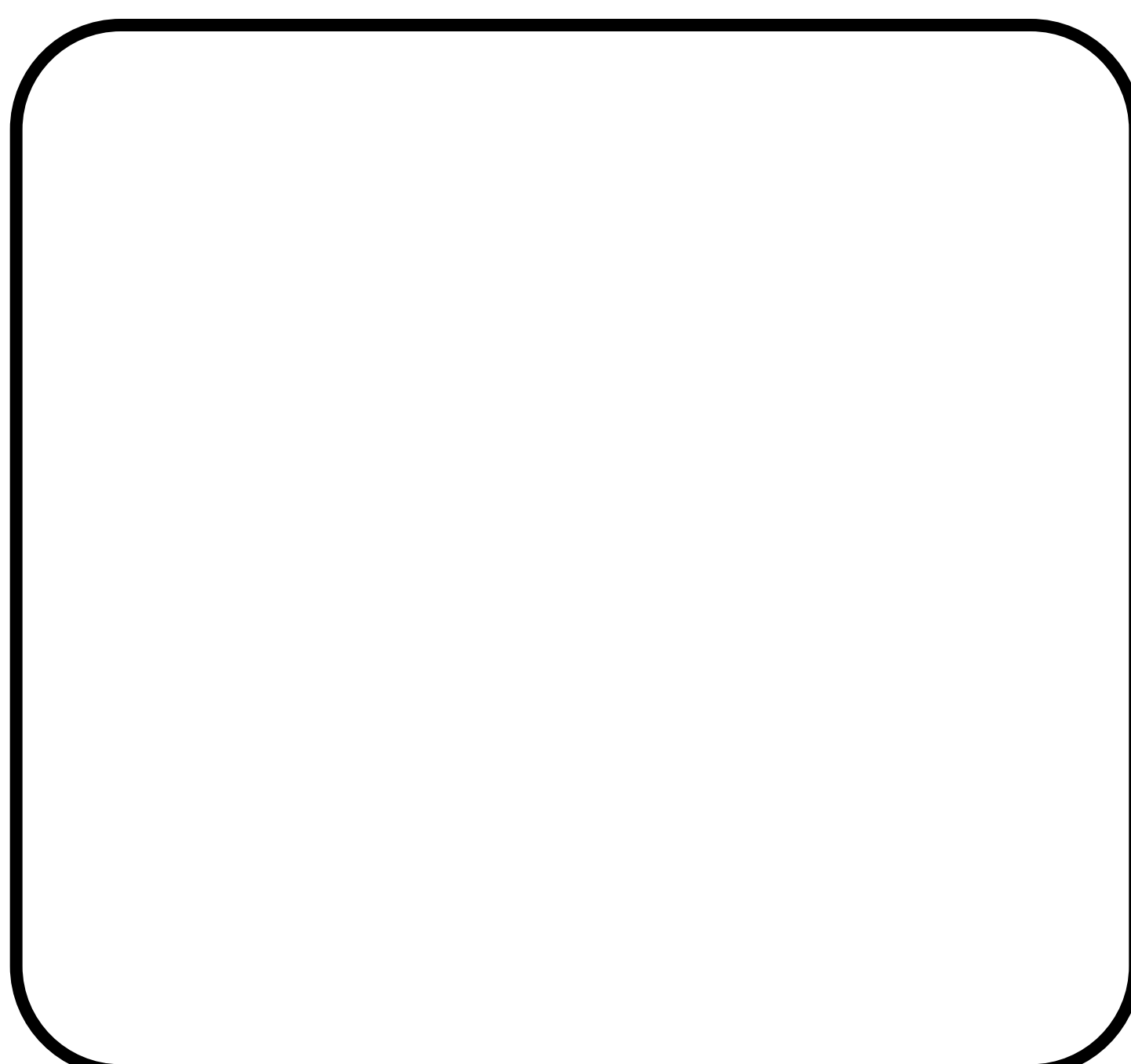
☐ Pick up and throw away trash



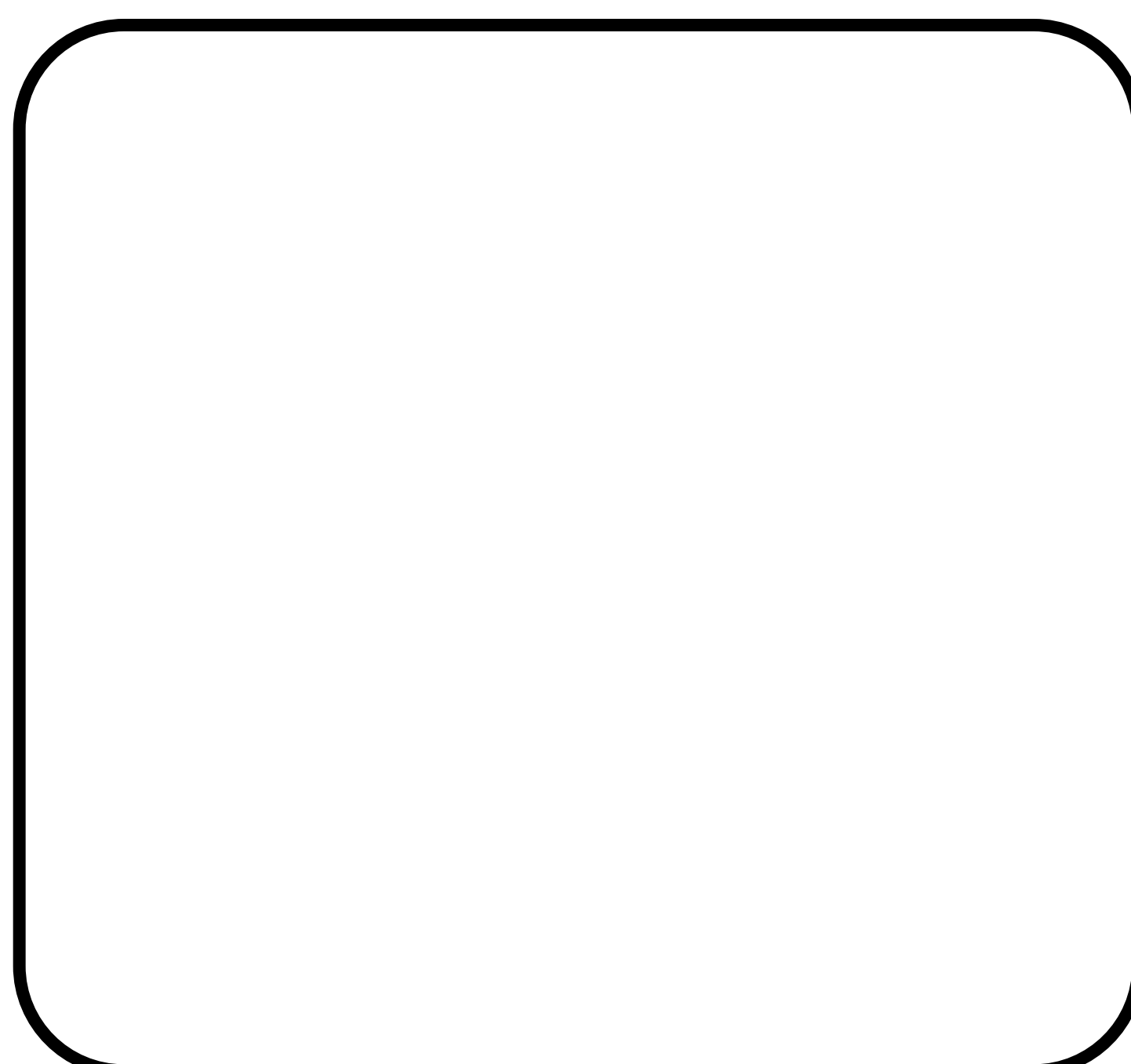
☐ _____



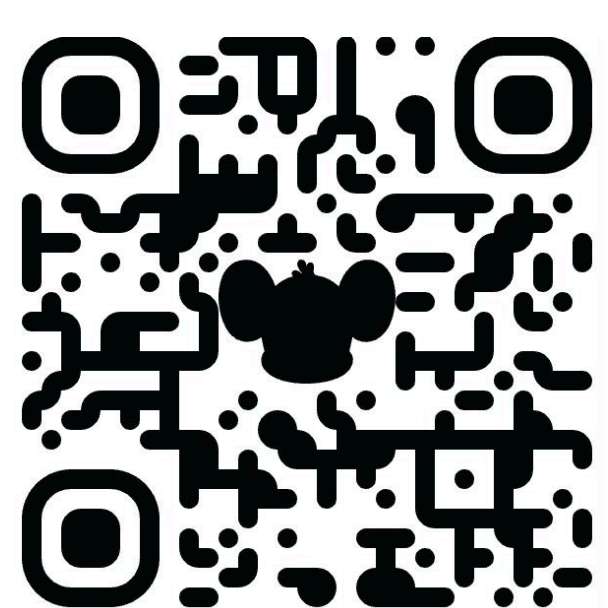
☐ _____



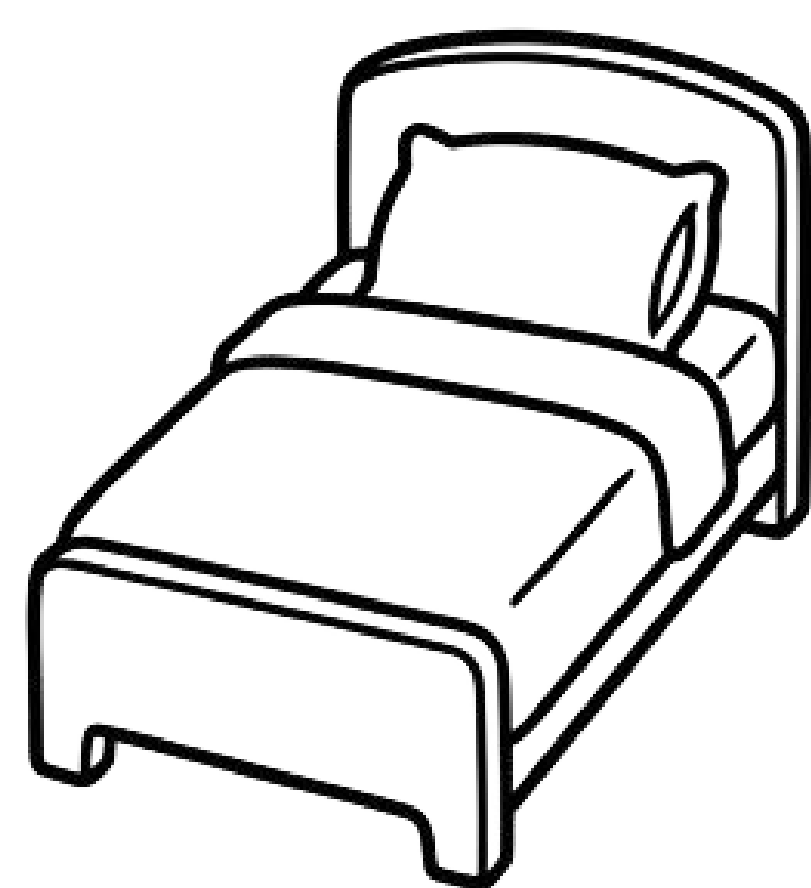
☐ _____



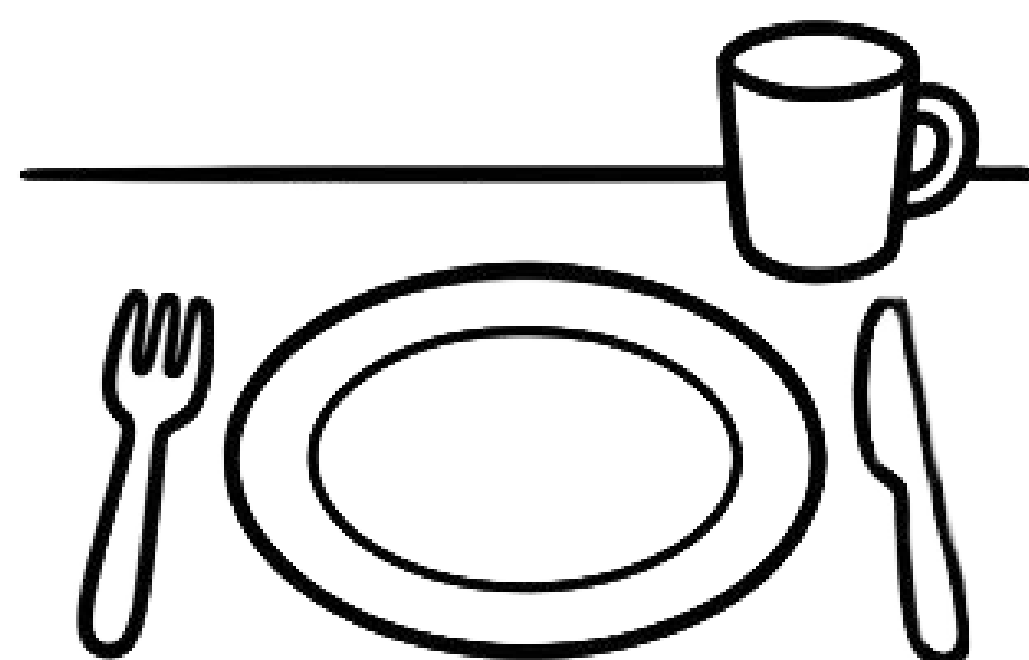
☐ _____



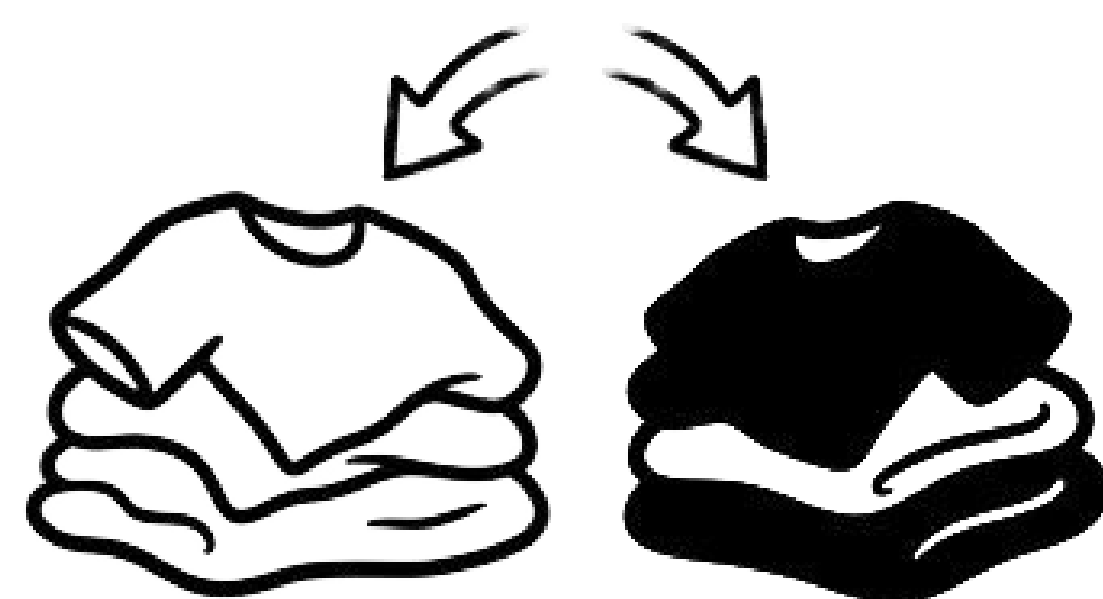
_____'s Daily Chores

☐

Make bed

☐

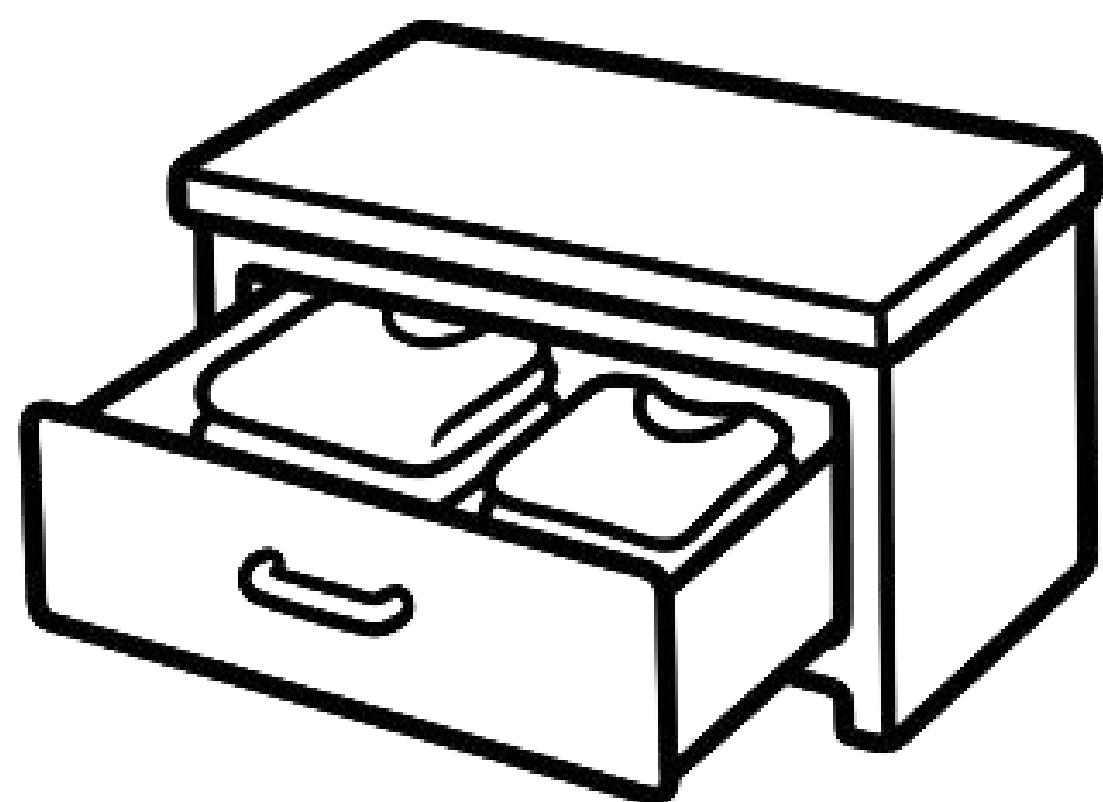
Help set and clear the table

☐

Help sort laundry

☐

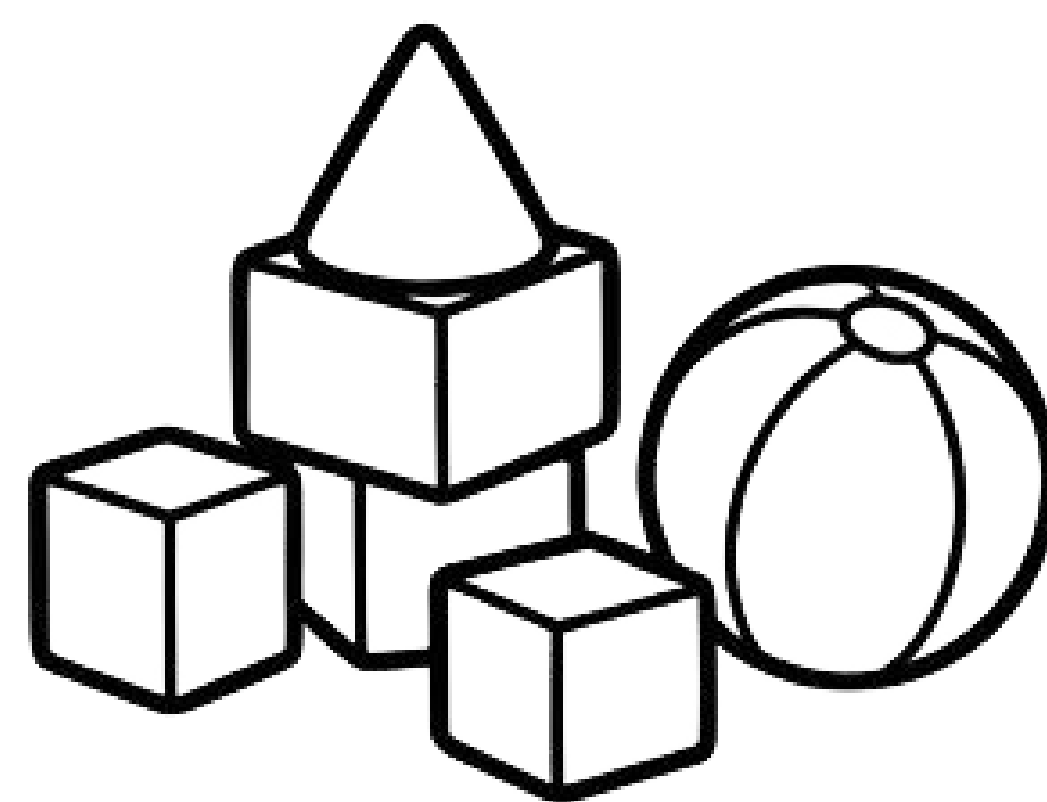
Match socks

☐

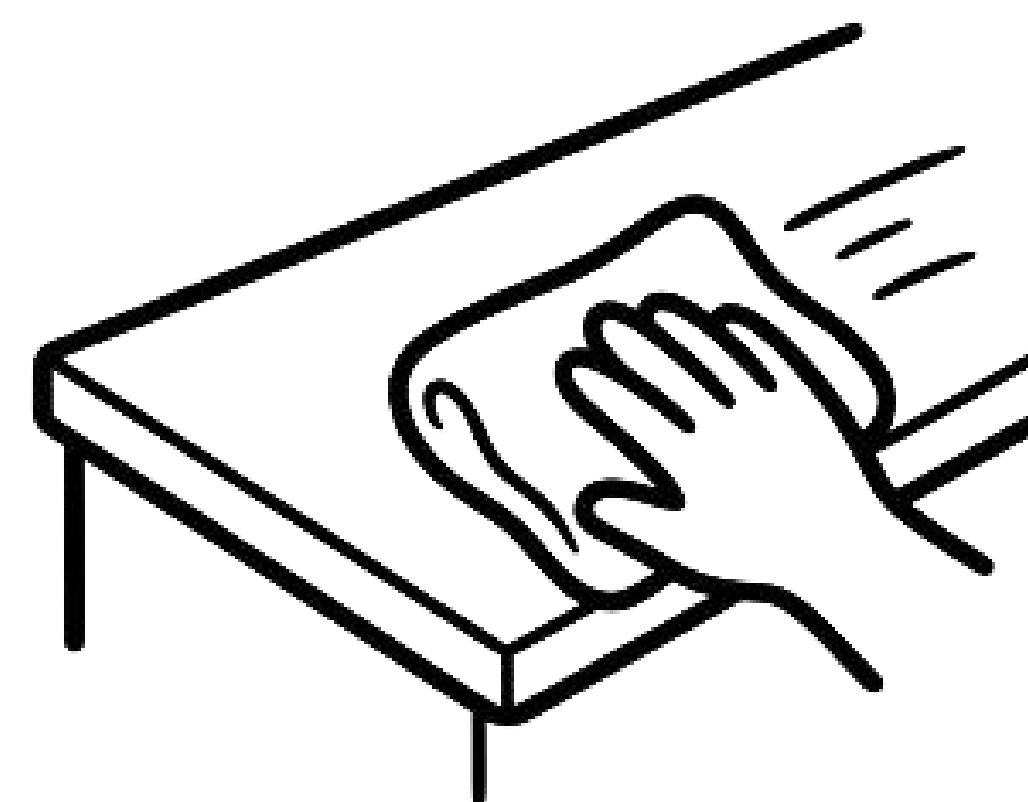
Put away clean clothes

☐

Pack backpack

☐

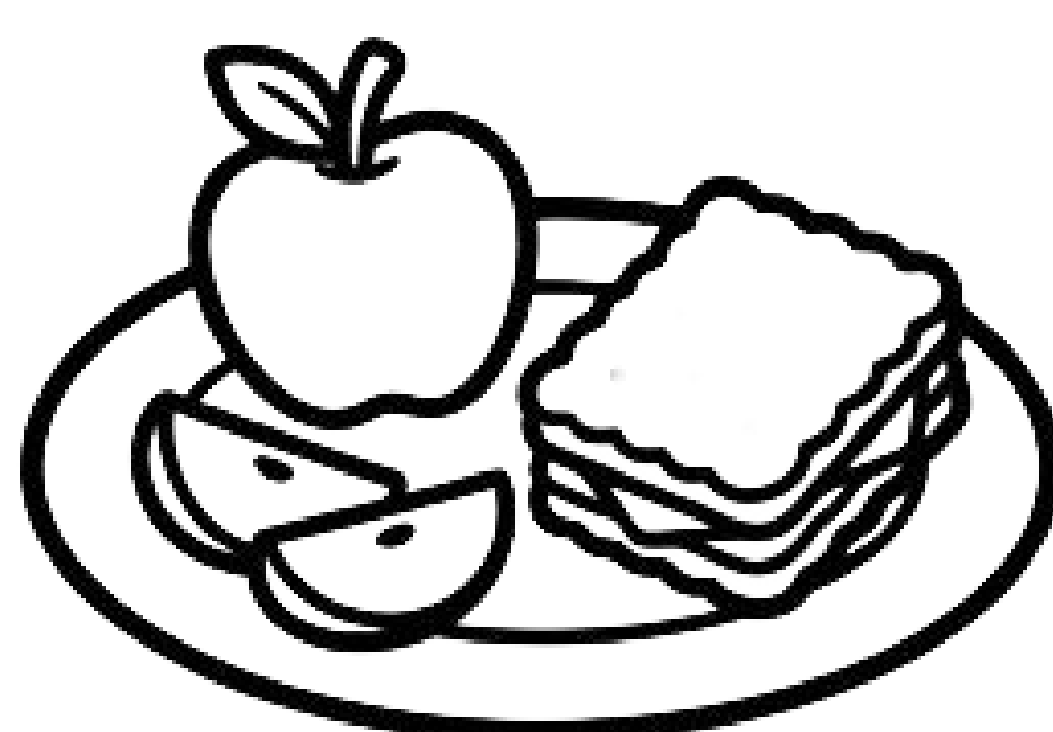
Clean up toys

☐

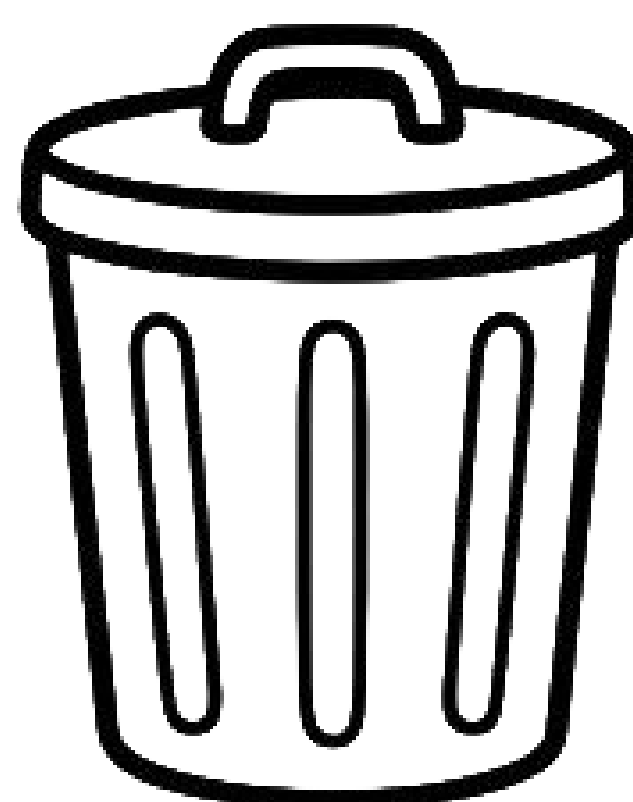
Help wipe counters or tables

☐

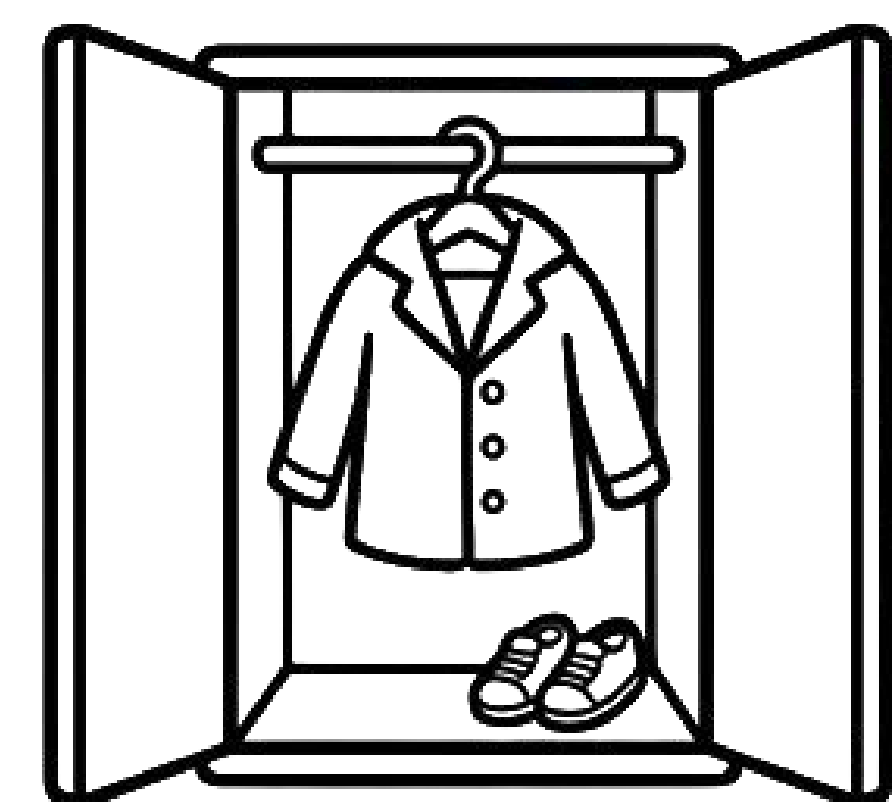
Sweep

☐

Help make snack

☐

Empty small garbage cans

☐

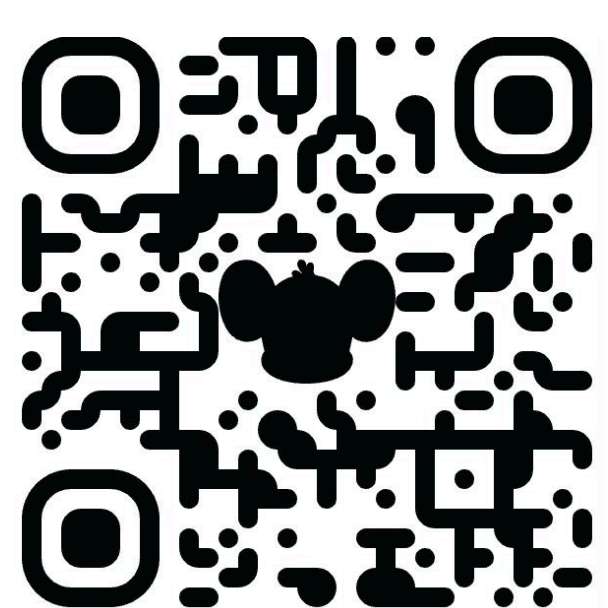
Put shoes and jacket away

☐

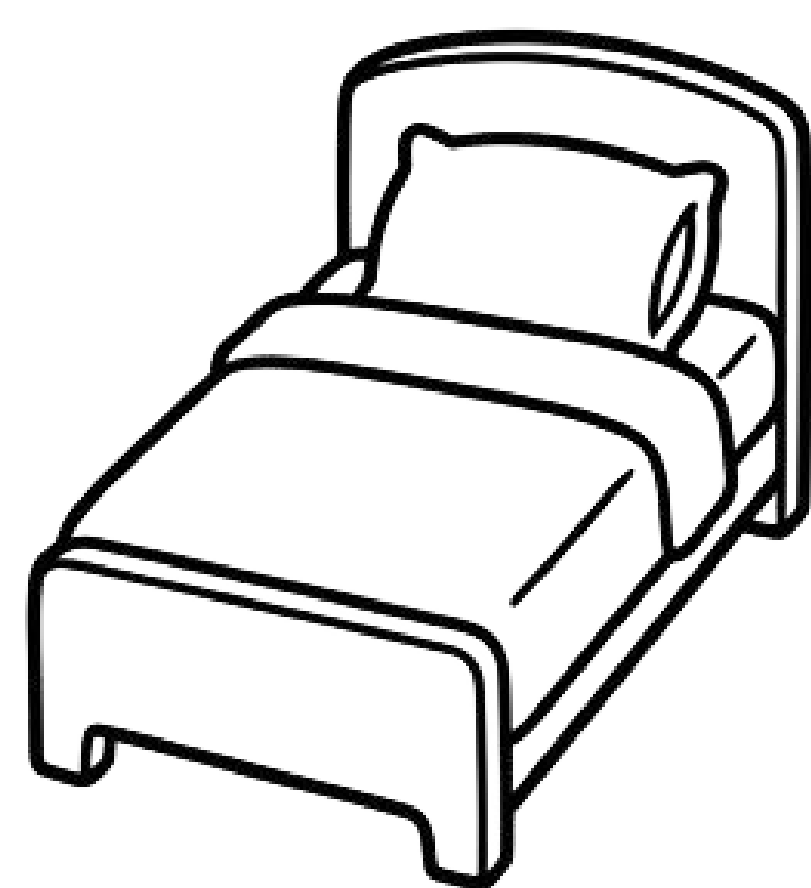
☐

☐

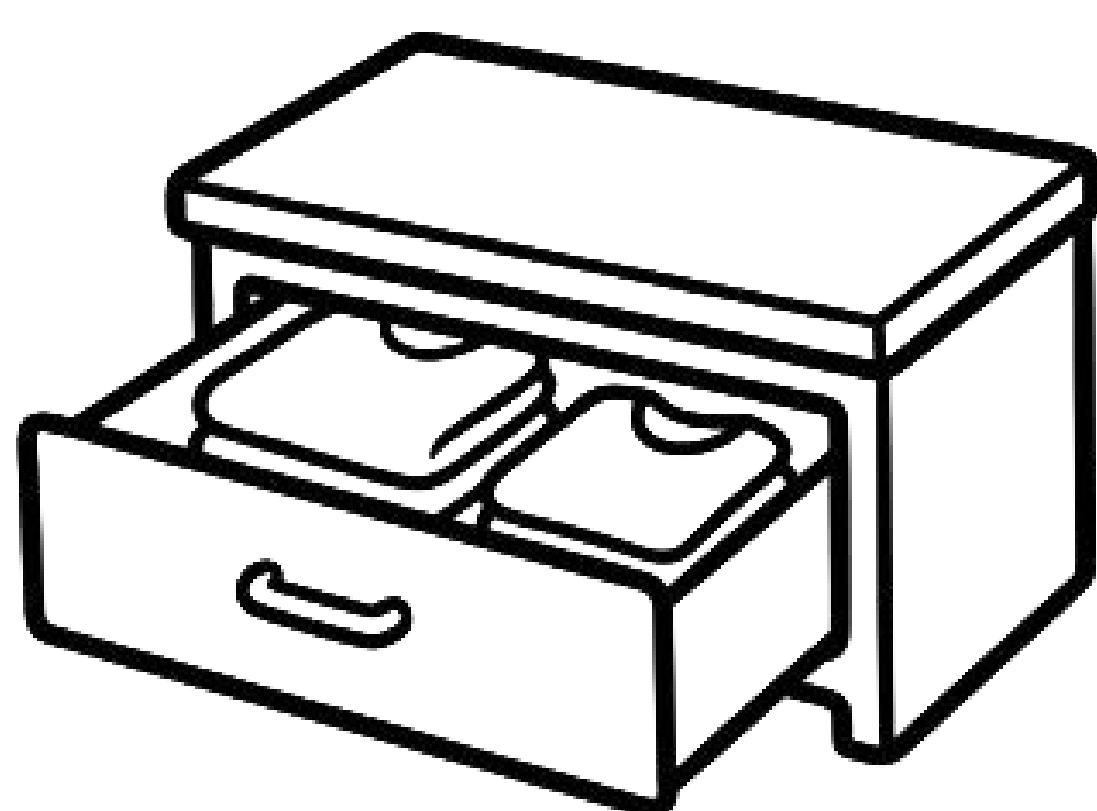
☐



_____'s Daily Chores

☐

Make bed

☐

Put away laundry

☐

Sweep or vacuum

☐

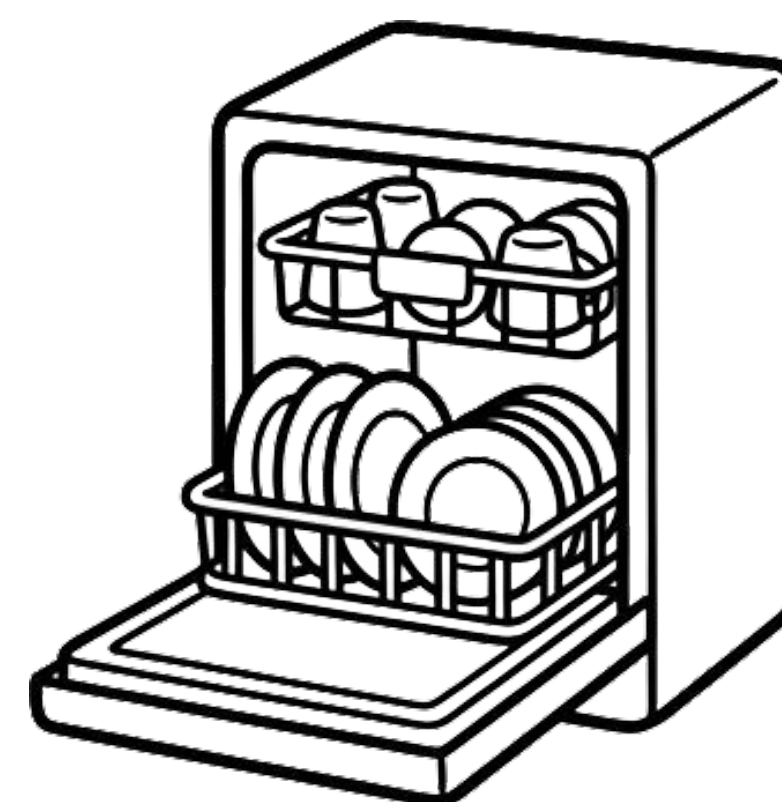
Dust furniture

☐

Help pack lunch
and snacks

☐

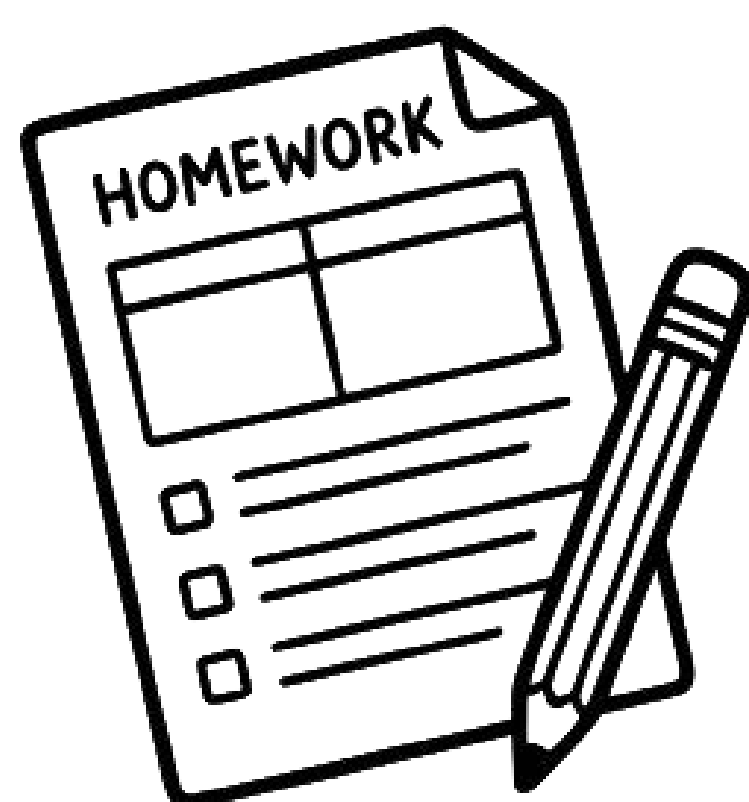
Pack and unpack
backpack

☐

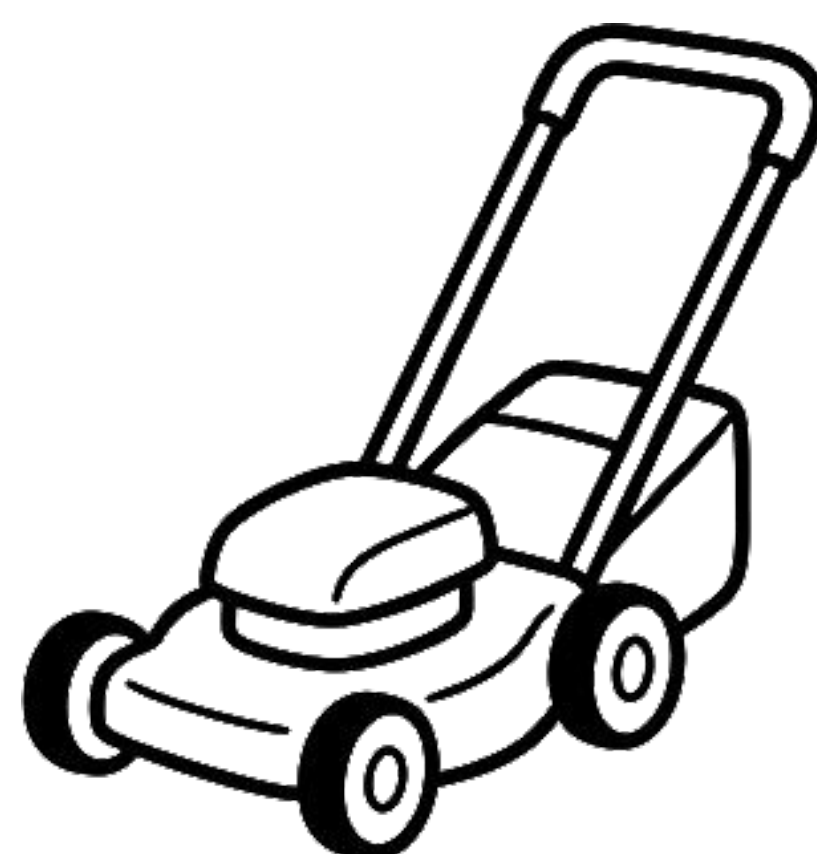
Help load/unload
dishwasher

☐

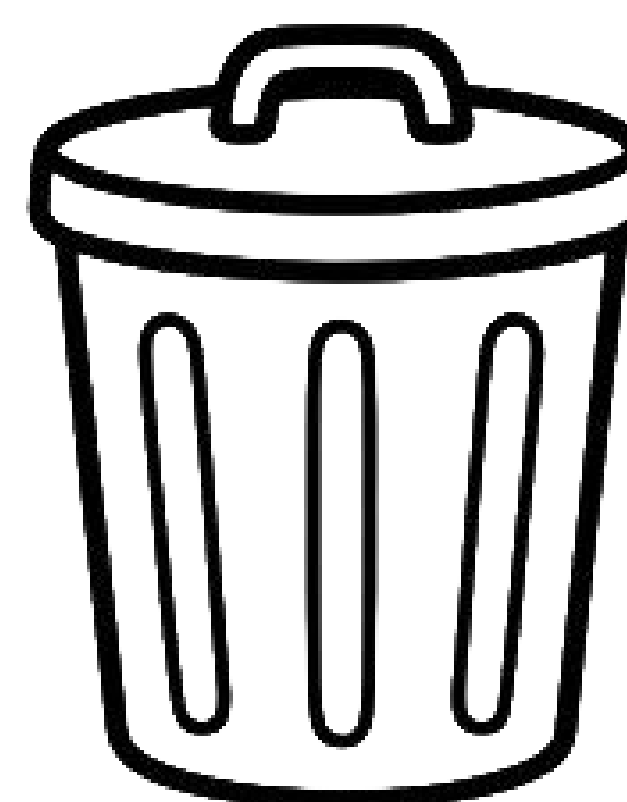
Wash dishes

☐

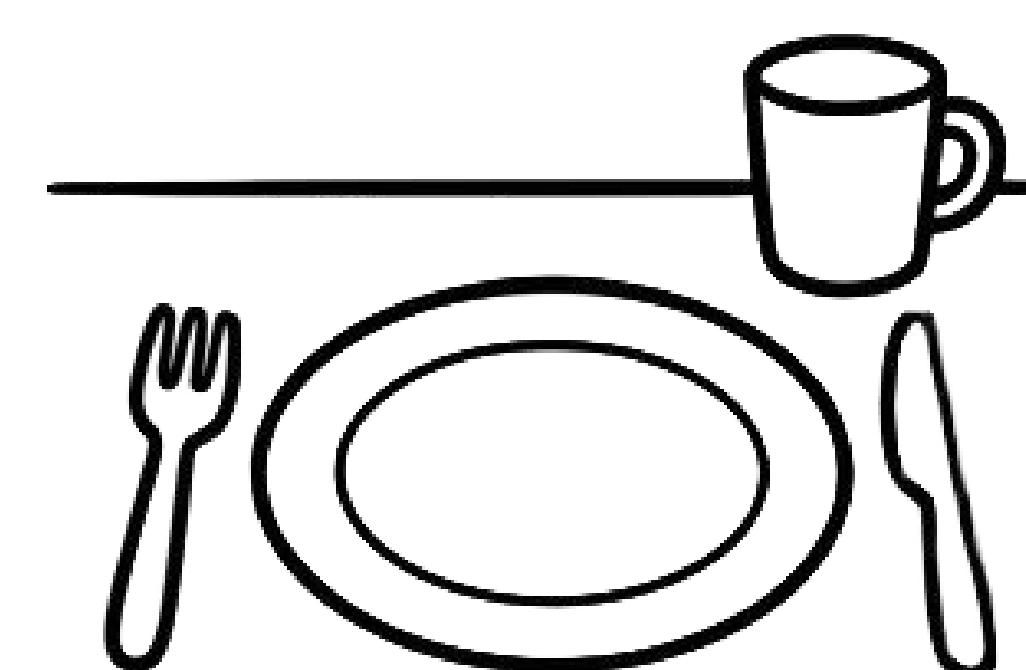
Finish homework

☐

Help with yard work

☐

Help take out the
garbage

☐

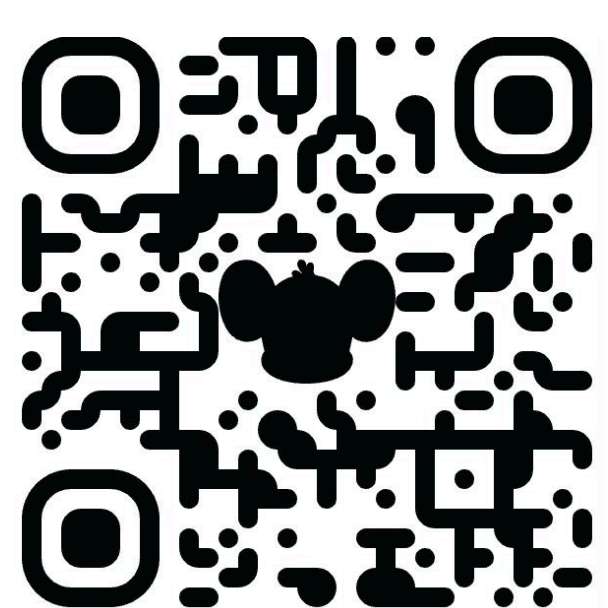
Set and clear
the table

☐

☐

☐

☐



Daily Brain & Body Boosters

☐

Read for _____ minutes

☐

Learn to spell **2** new words

☐

Learn to use a new word correctly in a sentence

☐

Use math flashcards or worksheets for **10** minutes

☐

Play **ABCMouse** for **20** minutes

☐

Practice handwriting

☐

Draw or color a picture

☐

Play a game

☐

Play or listen to an instrument

☐

Notice wildlife outside

☐

Go for a walk

☐

Play outside

☐

Eat a fruit

☐

Eat a vegetable

☐

Do **10** jumping jacks

☐

Put together a puzzle

☐

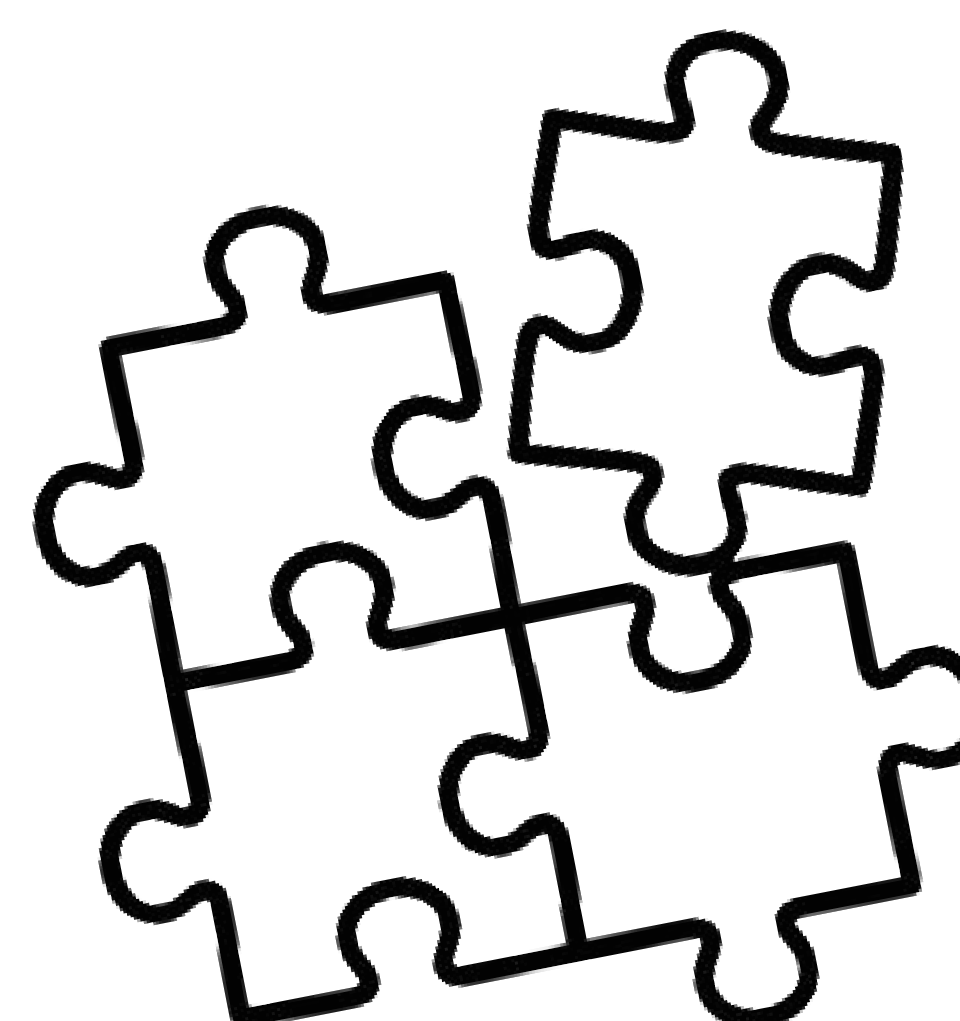
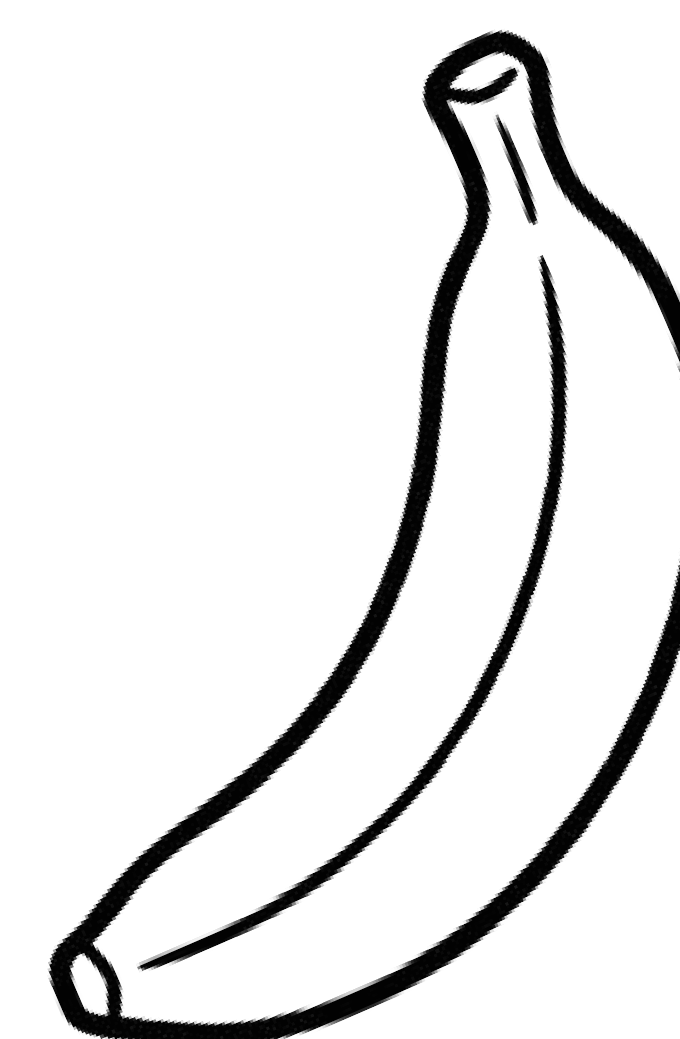
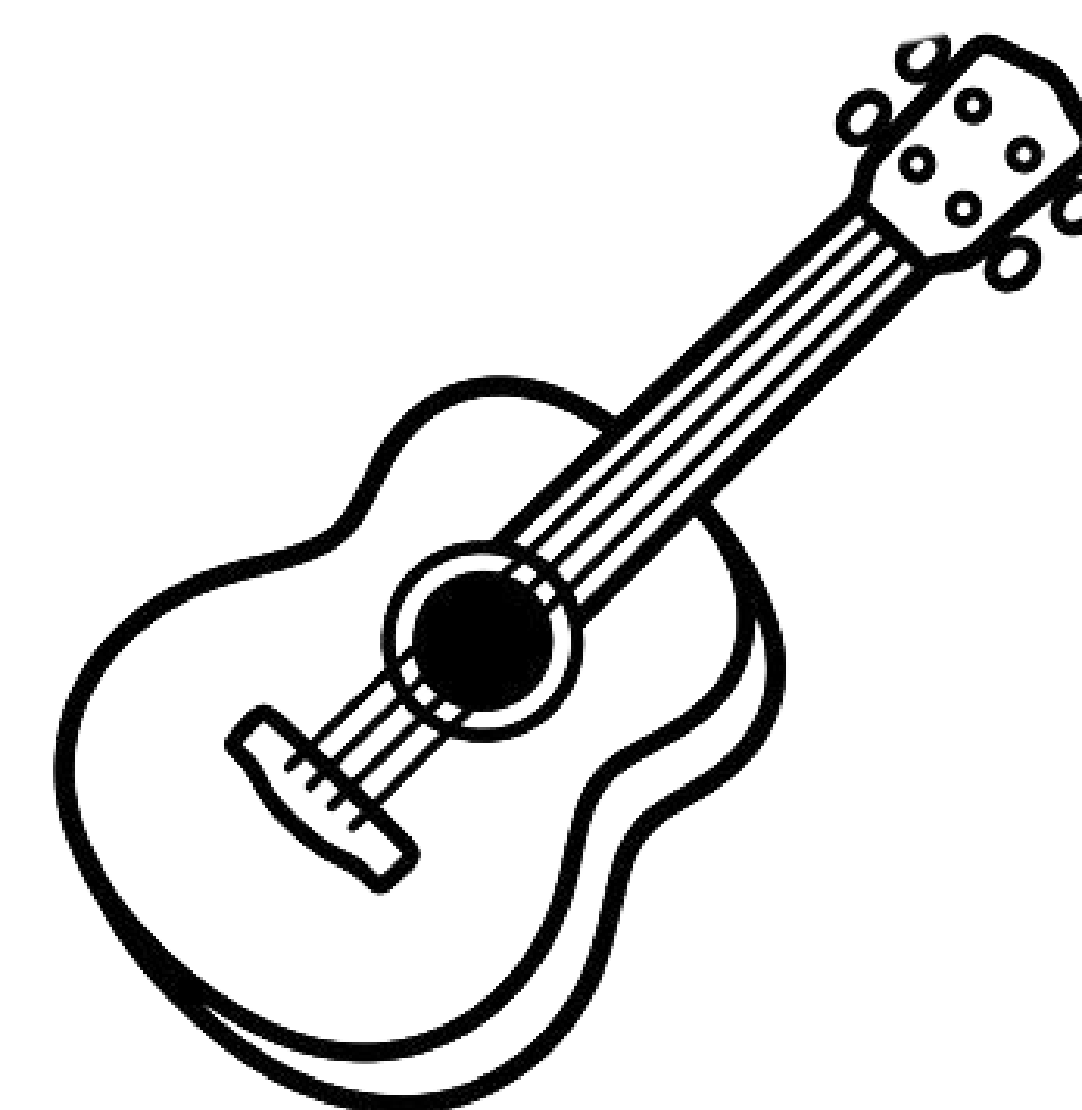
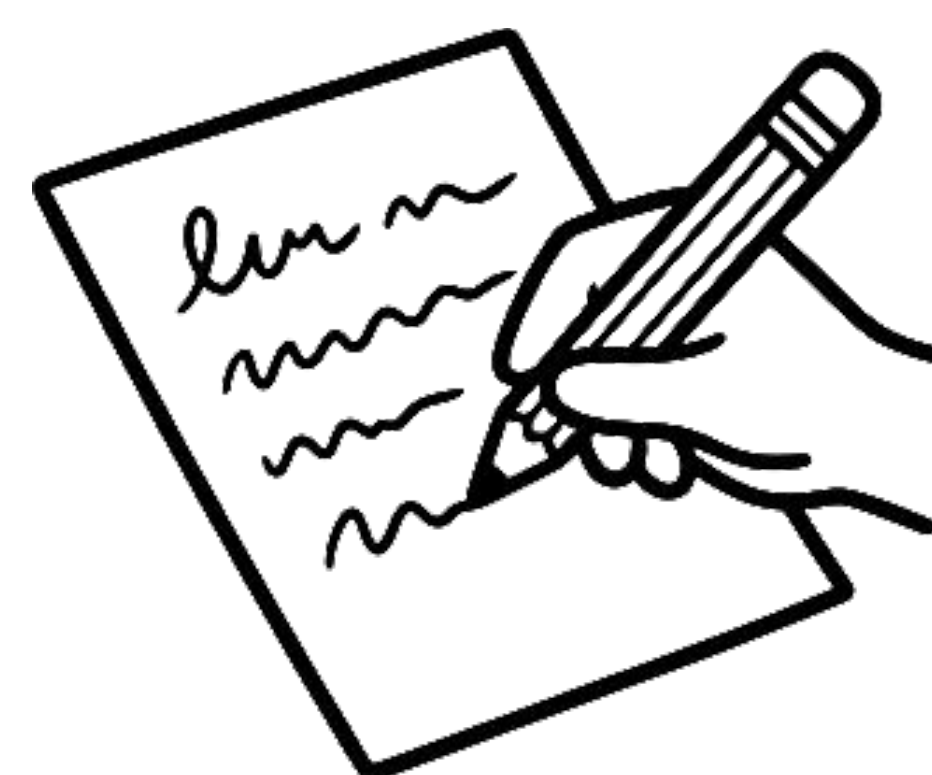
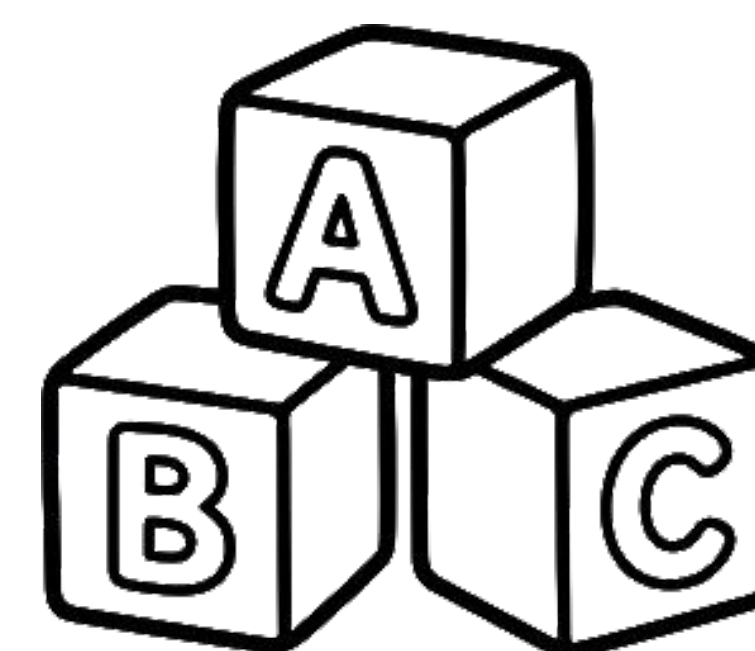
Take a shower/bath

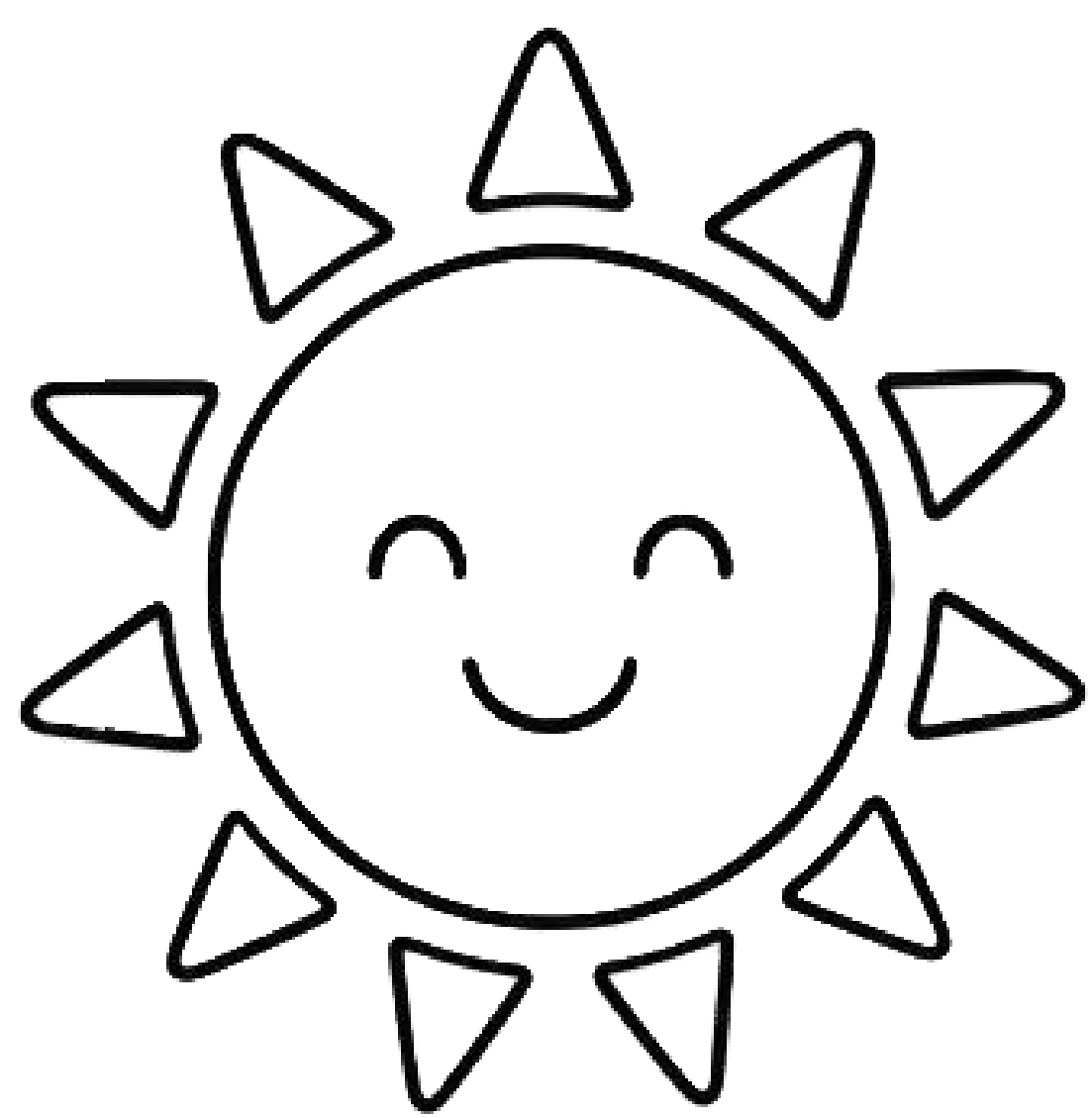
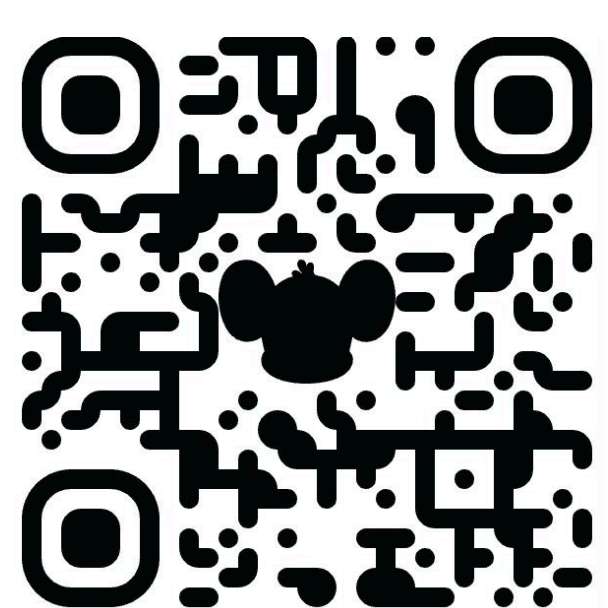
☐

Wash hands

☐

Brush teeth

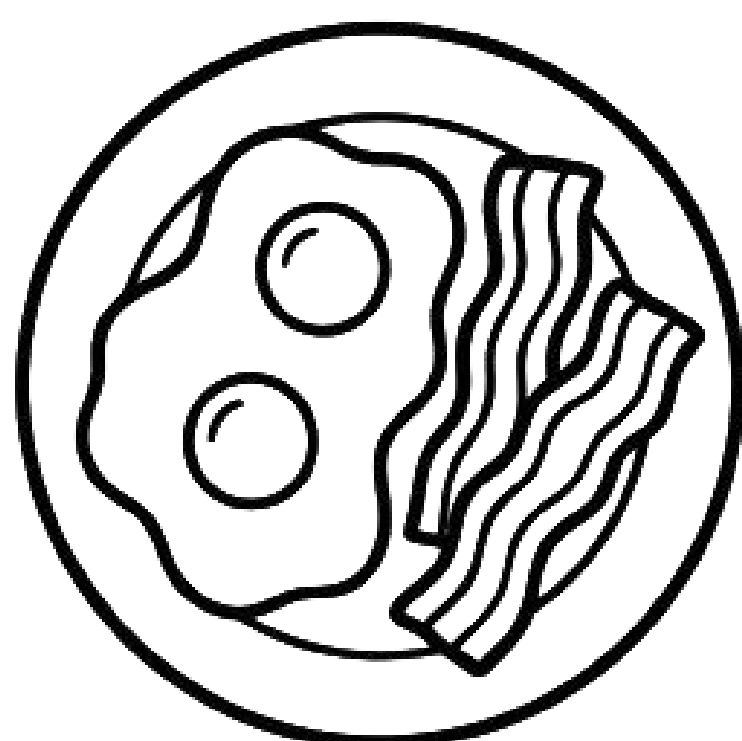




Morning Routine



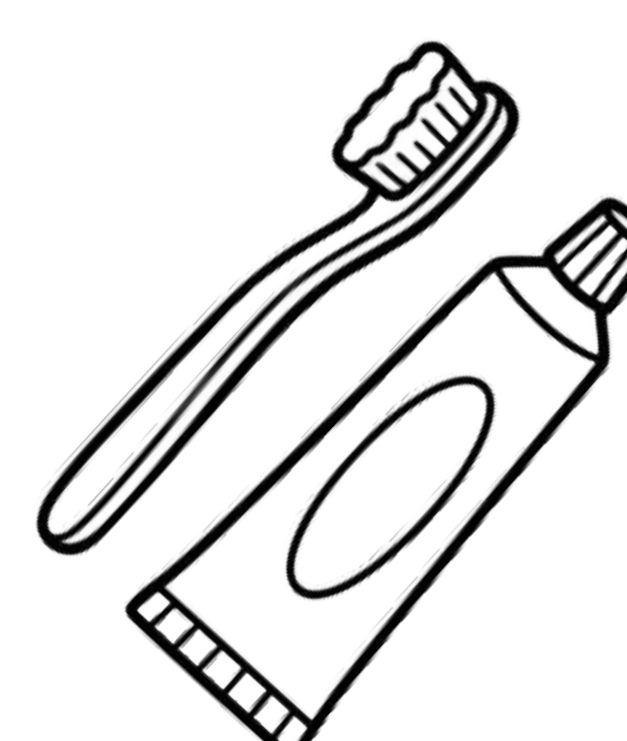
Go to Bathroom



Eat Breakfast



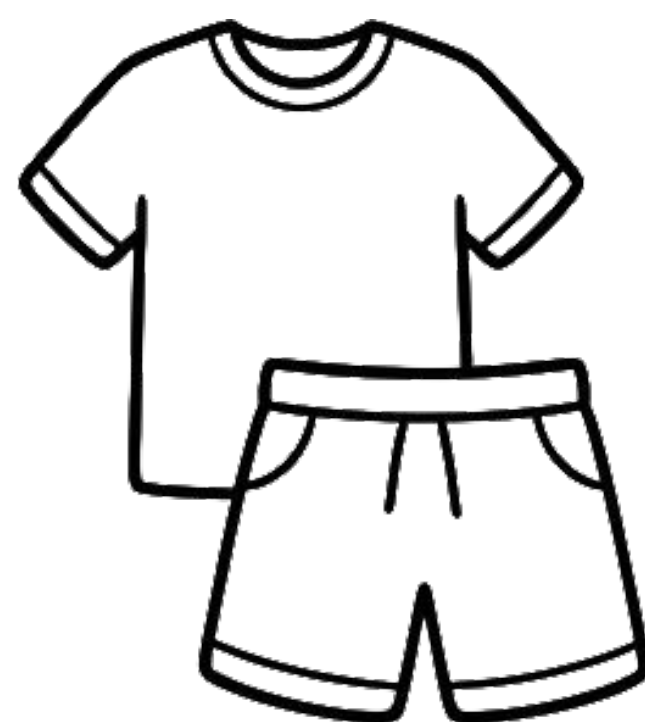
Help Clean Up



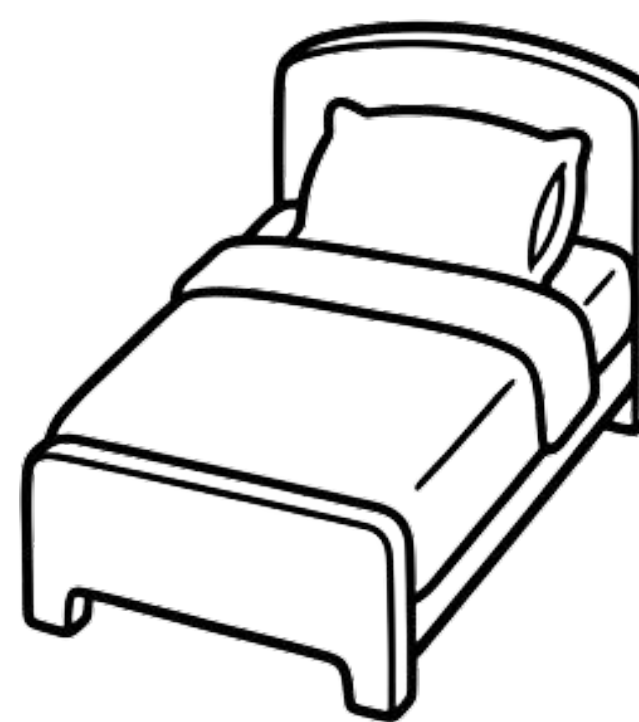
Brush Teeth



Brush Hair



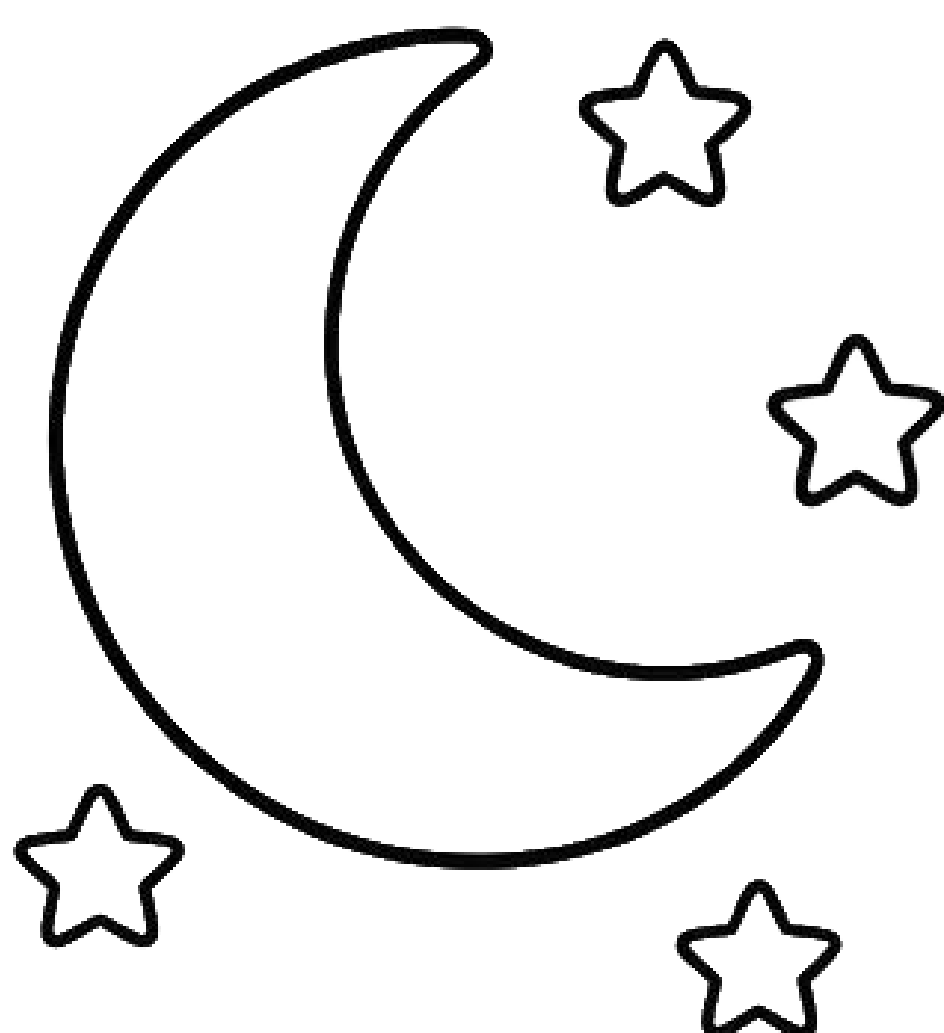
Get Dressed



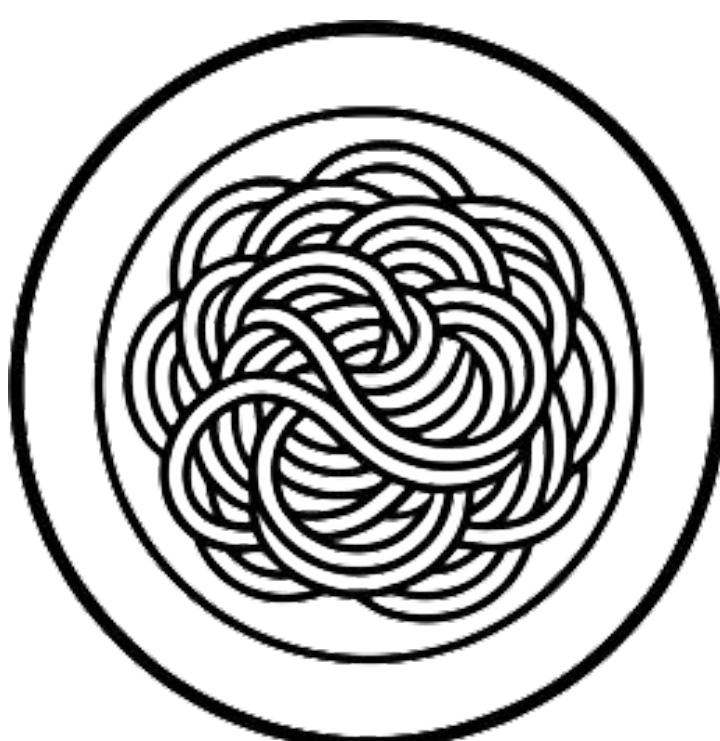
Make Bed



Put on Shoes/Coat



Night Routine



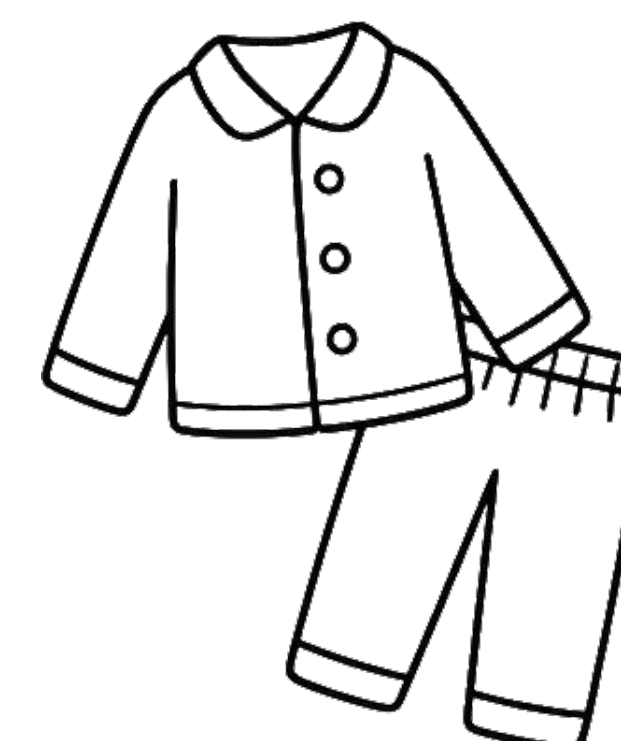
Eat Dinner



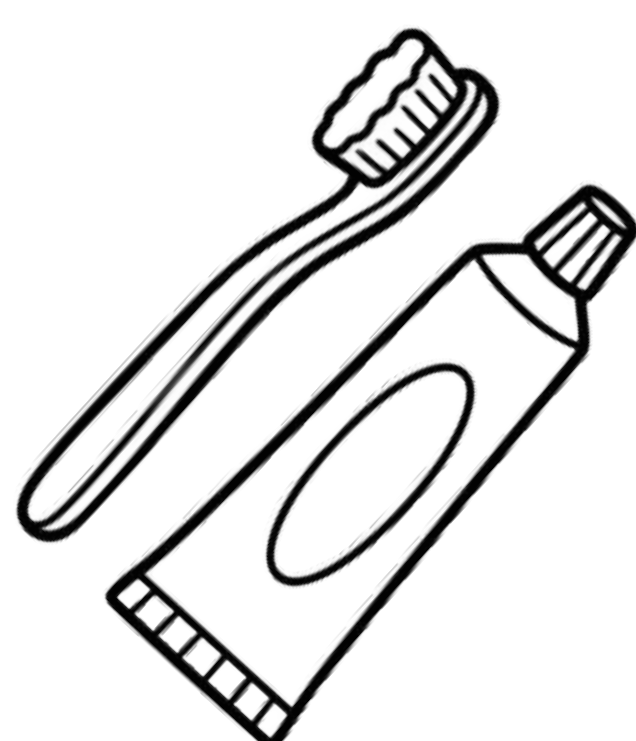
Help Clean Up



Take Bath



Put on Pajamas



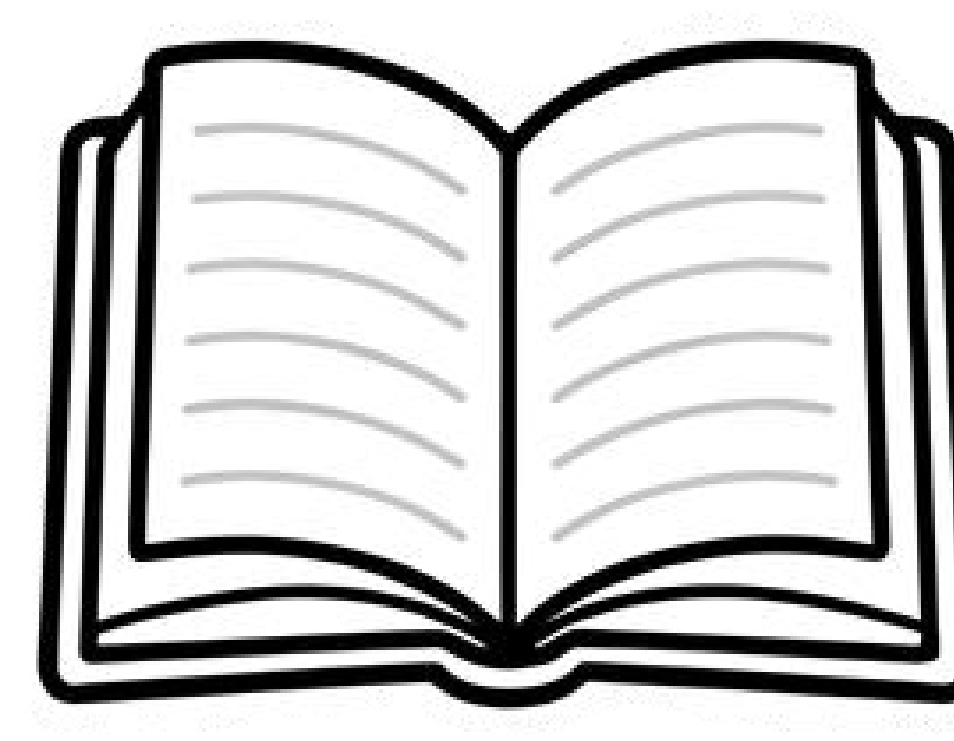
Brush Teeth



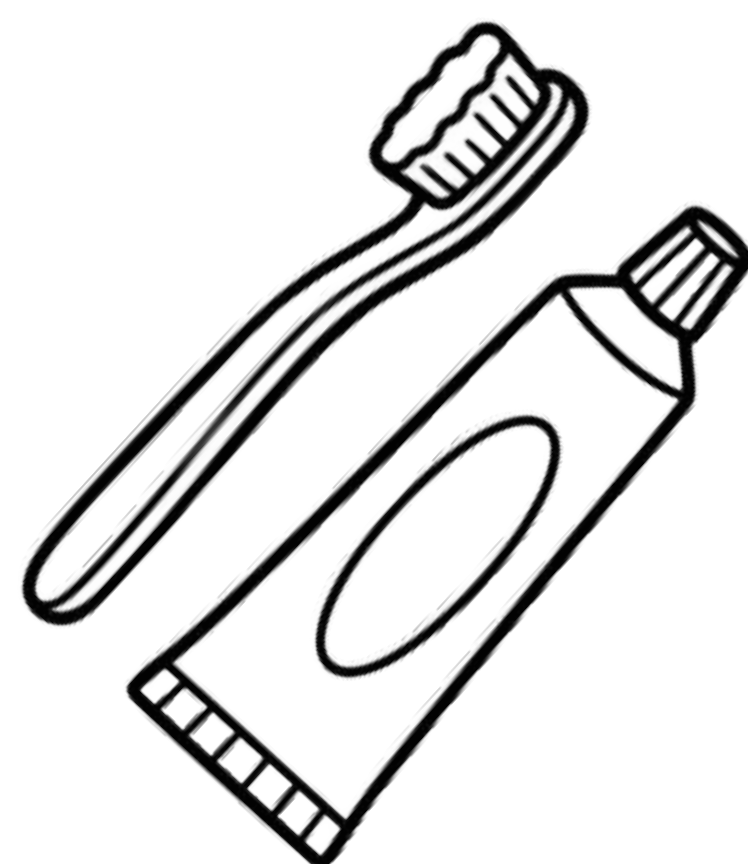
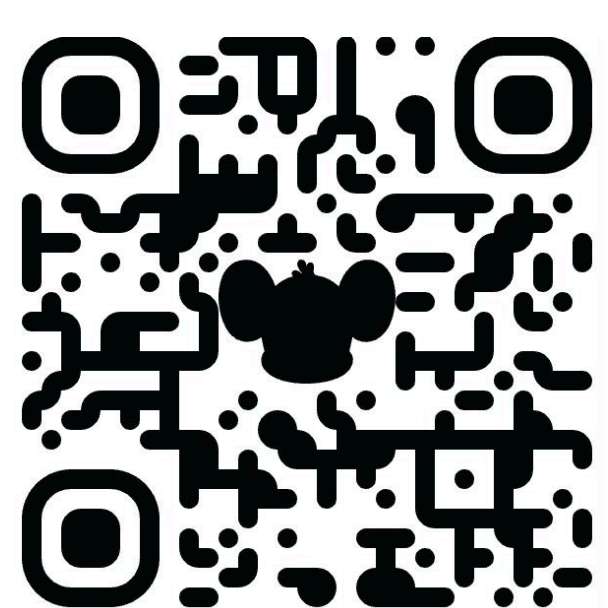
Go to Bathroom



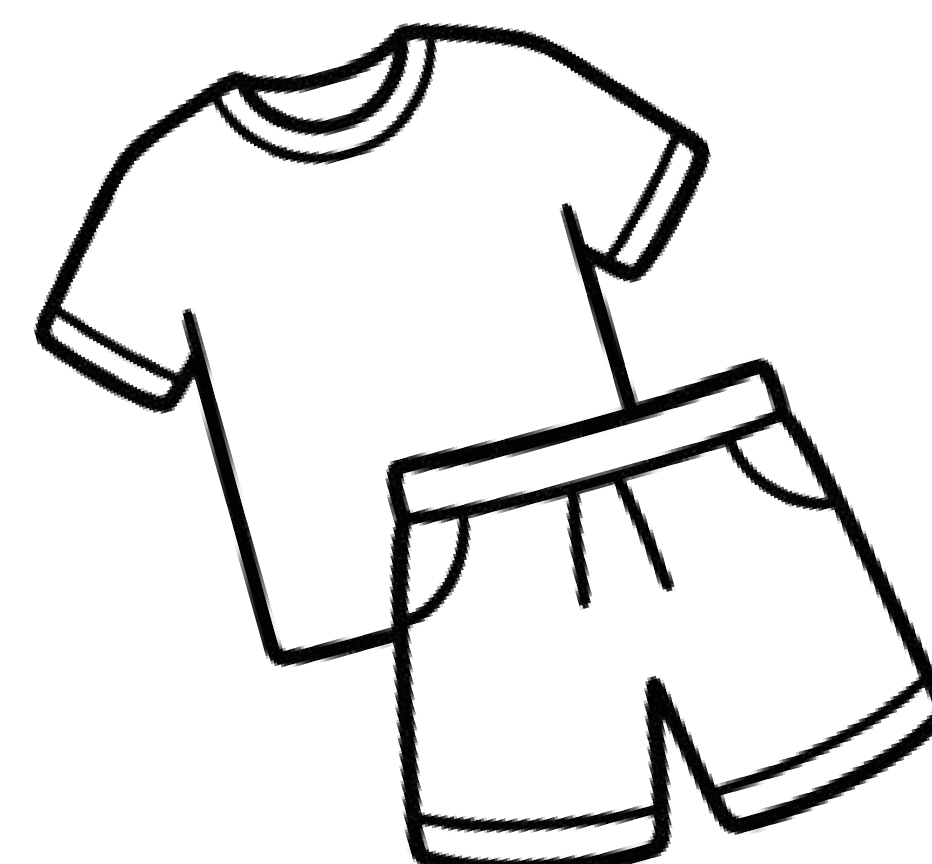
Say Goodnight



Read



My Daily Routine

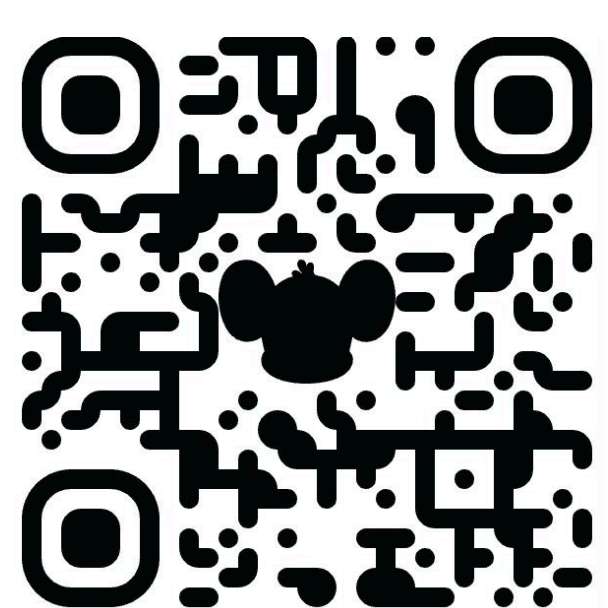


A.M./P.M.

Task

Done

☐☐☐☐☐☐☐☐☐☐



_____ 's Daily Chores

Tasks

S	M	T	W	Th	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

This Week's Special Chores





ABCMouse

#1 Most Downloaded Kids' App

Before School Checklist:

To Do

Done



Go to Bathroom

☐

Eat Breakfast

☐

Brush Teeth

☐

Brush Hair

☐

Get Dressed

☐

Make Bed

☐

Fill Water Bottle

☐

Check Backpack

☐

Put on Shoes and Coat

☐

Have a Great Day!



After School Checklist:

To Do

Done



Wash Hands

☐

Unpack Backpack

☐

Pack Tomorrow's Lunch

☐

Do Homework

☐

Eat Dinner

☐

Help Clean Up

☐

Bath Time

☐

Brush Teeth

☐

Get Backpack Ready

☐

Read

☐

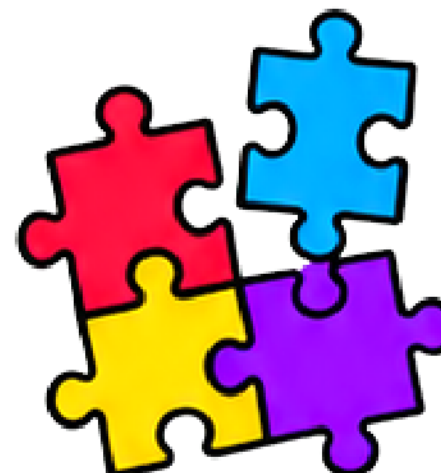
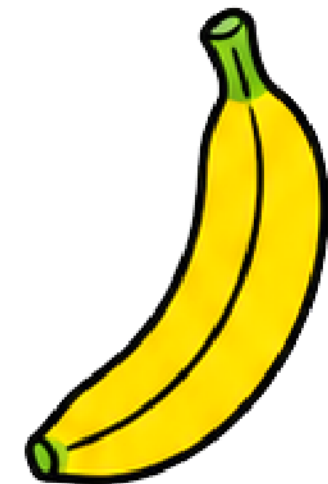
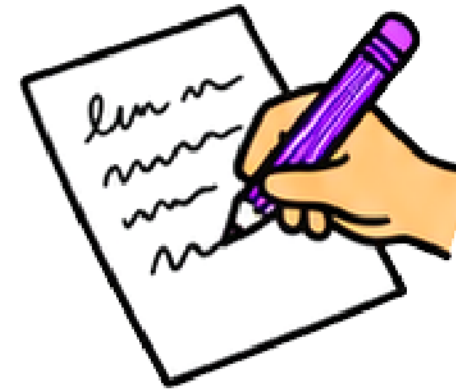
Sleep Well!



Daily Brain & Body Boosters

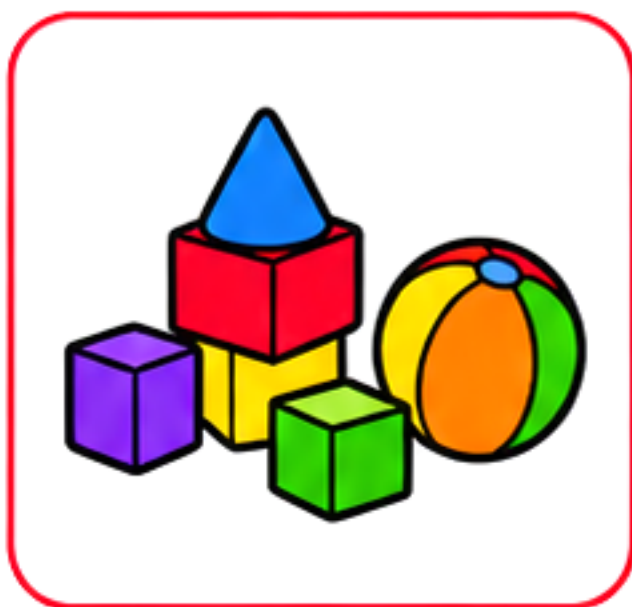


- ☐ Read for _____ minutes
- ☐ Learn to spell **2** new words
- ☐ Learn to use a new word correctly in a sentence
- ☐ Use math flashcards or worksheets for **10** minutes
- ☐ Play **ABCMouse** for **20** minutes
- ☐ Practice handwriting
- ☐ Draw or color a picture
- ☐ Play a game
- ☐ Play or listen to an instrument
- ☐ Notice wildlife outside
- ☐ Go for a walk
- ☐ Play outside
- ☐ Eat a fruit
- ☐ Eat a vegetable
- ☐ Do **10** jumping jacks
- ☐ Put together a puzzle
- ☐ Take a shower/bath
- ☐ Wash hands
- ☐ Brush teeth





's Daily Chores



☐ Put toys away



☐ Put stuffed animals, pillows, and blankets back on bed



☐ Put dirty clothes in the hamper



☐ Put shoes away



☐ Hang up coat



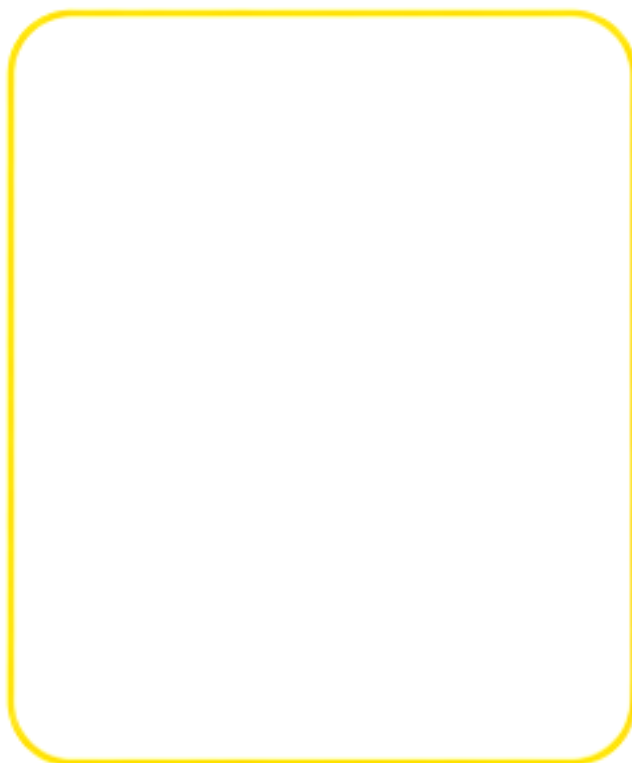
☐ Help set the table



☐ Put books away



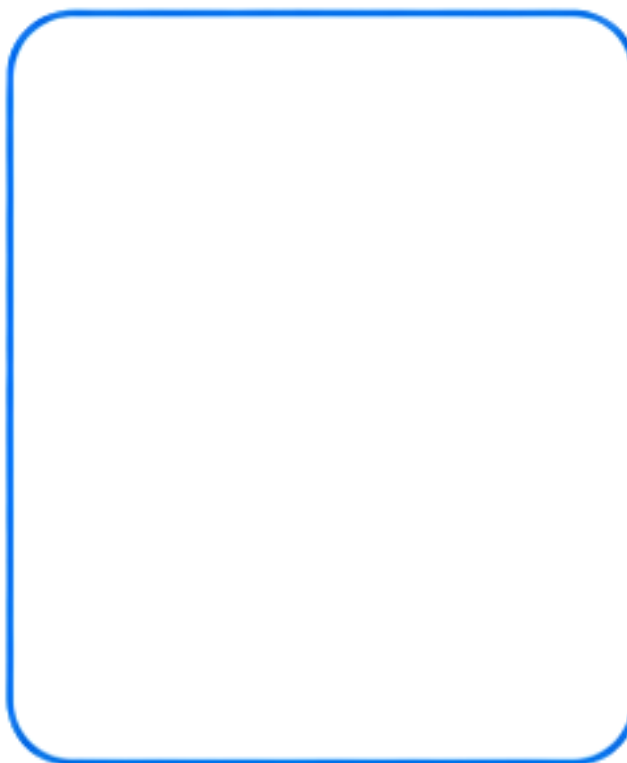
☐ Pick up and throw away trash



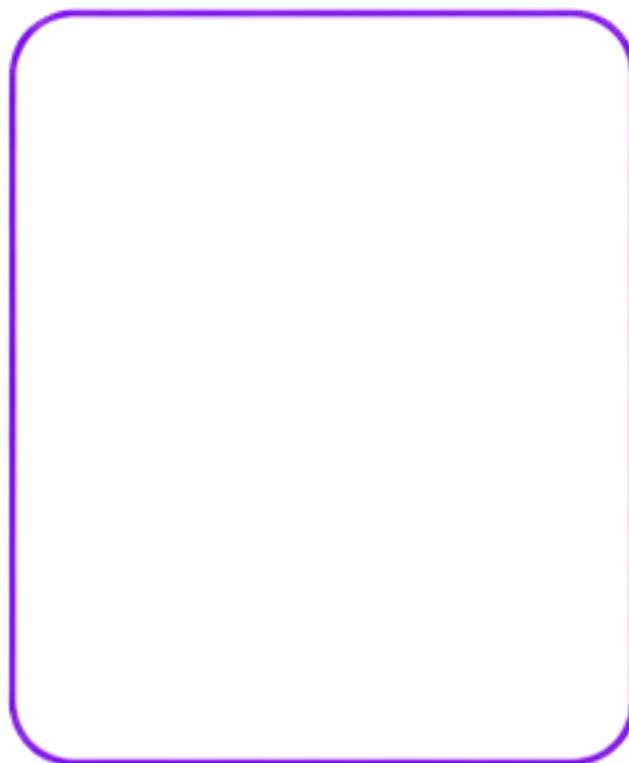
☐ _____



☐ _____



☐ _____



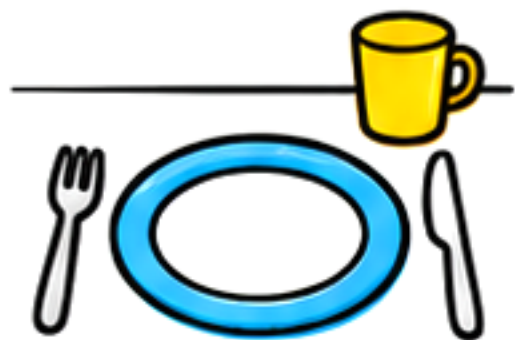
☐ _____



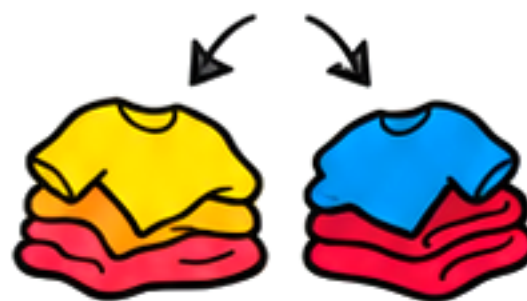
's Daily Chores

☐

Make bed

☐

Help set and clear the table

☐

Help sort laundry

☐

Match socks

☐

Put away clean clothes

☐

Pack backpack

☐

Clean up toys

☐

Help wipe counters or tables

☐

Sweep

☐

Help make snack

☐

Empty small garbage cans

☐

Put shoes and jacket away

☐

☐

☐

☐



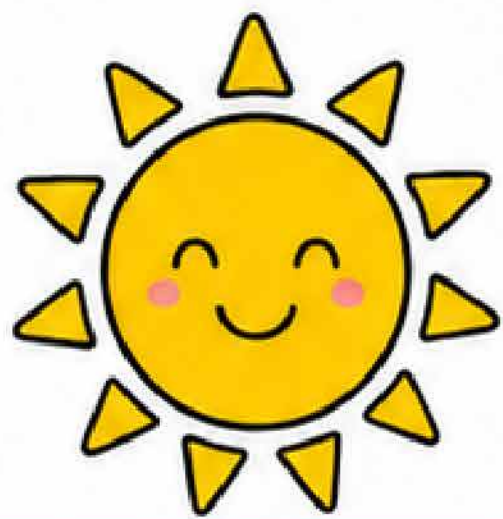
_____ 's Daily Chores

Tasks

S	M	T	W	Th	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

This Week's Special Chores





Morning Routine



Go to Bathroom



Eat Breakfast



Help Clean Up



Brush Teeth



Brush Hair



Get Dressed



Make Bed



Put on Shoes/Coat



Night Routine



Eat Dinner



Help Clean Up



Take Bath



Put on Pajamas



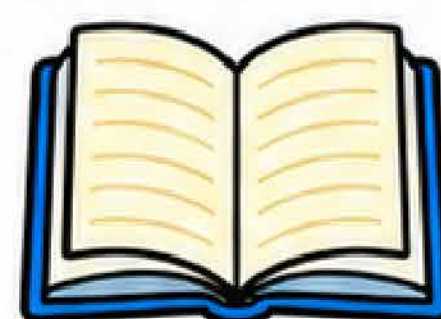
Brush Teeth



Go to Bathroom



Say Goodnight



Read



My Daily Routine



A.M./P.M.

Task

Done

☐☐☐☐☐☐☐☐☐☐