

# After-School Checklist

Make connecting with your child after school easier by doing this simple exercise together. Created by Hopscotch's Head of Clinical Programming, Z. Andrew Jatau MS, LPC, it will encourage communication and help them feel more in control.

## Who It's For

Kids ages 5-11.

## Why It Works

An after-school checklist is helpful because it reduces the need to constantly remind your child about expected behaviors, minimizing stress for both you and your child. This type of exercise also provides kids with a daily sense of completion.

## How To Use It

1. Print out pages 2 and 3.
2. On page 2, identify any other daily activities specific to your child's schedule that you would like to add in the blank spaces. Allow your child to decorate the blank space as they please.
3. Cut out each activity from page 2.
4. Talk to your child about the order of each after-school activity. This is an opportunity to work collaboratively and compromise if needed.
5. Paste the activities in the agreed upon order on page 3.
6. Laminate the final checklist or place in a dry-erase sheet.

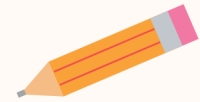
## Helpful Tips

This activity works because it allows your child some control over their own schedule. As you're completing this checklist with your child, remember to stay open to their ideas and be willing to problem-solve together. You can also promote a sense of control by allowing your child to choose where to put the checklist and letting them choose what color marker to use each day.





Do your homework



Put your things away



Grab a snack



Get ready for tomorrow



Playtime



Do your chores



# \_\_\_\_\_ 's After-School Checklist