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AFTER SCHOOL POSITIVE PLAN



INFORMATION PAGE

After a successful day at school, offer your child an opportunity for a positive experience as they transition from school to home.

You can discuss this in advance with your child/children to establish what would bring them joy after school, allowing them the autonomy to decide what their first 20-30 minutes will look like.

For instance, they may enjoy having their favourite snack as soon as they arrive home, followed by 15-20 minutes of playtime. Agree on a plan that works within the family's after-school schedule, and make sure to stick to it.

If helpful, you can also incorporate timings like those below into your plan.

- 1 3:20pm: Arrive home
- 2 3:20pm-3:30: Snack time
- 3 3:30-3:45pm: Free time/play
- 4 3:50pm: Homework



A child loves routine, so they will enjoy knowing what to expect, and will also enjoy the fact they have had a say in the matter!

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MY AFTER SCHOOL POSITIVE PLAN



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