

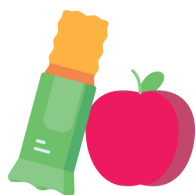


Daily Routine Checklist for Kids With ADHD



Morning Routine

- ☐ Brush teeth
- ☐ Get dressed
- ☐ Eat Breakfast
- ☐ Pack Backpack (homework, lunch, water bottle)



After School

- ☐ Snack + short break (20 minutes max)



Homework Time

- ☐ Gather materials (pencils, books, laptop, charger)
- ☐ Review planner/assignments
- ☐ Pick one task to start (set a timer for 10-15 minutes)
- ☐ Short movement break (5 minutes)
- ☐ Resume next task (another 10-15 minutes)
- ☐ Check off each assignment as it's finished
- ☐ Pack work in backpack
- ☐ One chore (small + specific: take out trash, feed pet, put away laundry)
- ☐ Free time / screens (after homework + chores are done)



Evening Routine

- ☐ Dinner
- ☐ Pack bag for tomorrow
- ☐ Lay out clothes
- ☐ Brush teeth
- ☐ Wind-down (shower, reading, quiet activity)
- ☐ Lights out/sleep

Homework Routine Checklist



Step 1: Get Ready

- ☐ Gather supplies (pencils, books, laptop, charger)
- ☐ Clear a workspace (desk/table)



Step 2: Plan

- ☐ Open planner or school app
- ☐ Write down today's assignments
- ☐ Choose one assignment to start with



Step 3: Work in Bursts

- ☐ Set timer (10-15 minutes focused work)
- ☐ Take a 5-minute movement break (stretch, walk, water)
- ☐ Start new task with a new timer
- ☐ Check off each task when finished



Step 4: Wrap Up

- ☐ Review: Did I finish everything?
- ☐ Pack completed work into backpack
- ☐ Return supplies to homework spot



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