

After-School Reset Plan

Build a nervous-system landing strip between school and responsibilities.

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|---|---|
| ☐ Snack | ☐ Water |
| ☐ Movement | ☐ Quiet time |
| ☐ Outside time | ☐ Music |
| ☐ Connection with parent | ☐ No questions for a few minutes |
| ☐ Sensory activity | ☐ Short screen break |

WHAT MY CHILD USUALLY LOOKS LIKE AFTER SCHOOL

Our first 30–60 minutes

Design a sequence that helps your child land before demands increase.

How we will transition to responsibilities

Use a cue, time, routine, or first/then plan.

What we will watch for

How will we know this plan is helping?
