

# Homework Routine Template

A No-Stress Daily Plan for K–1st Grade

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## Environment Checklist

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- Same spot every day (kitchen table, desk, or quiet corner)
- Good lighting and comfortable chair
- Pencils, eraser, crayons set out before sitting down
- All screens off (TV, tablets, phones)
- Quiet background (no loud siblings or TV)
- Snack eaten before starting

## After-School Sequence

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- Arrive home — change clothes, backpack in its spot
- Snack — 10 minutes, seated at the table
- Free play — 20–30 minutes (physical activity best)
- Homework — 10–20 minutes at the homework spot
- Free time — the rest of the afternoon

## Timing Guide

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- Kindergarten: 10 minutes maximum
- First grade: 15–20 minutes maximum
- Use a visual timer so the child can see time passing
- Best time: after snack + 20–30 min of play
- Stop when the timer rings, even if not finished

## Daily Learning Essentials

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- Read together for 20 minutes





Start today's lesson: [kindergartenstart.com/?src=pdf](https://kindergartenstart.com/?src=pdf)

- Talk about the day (open-ended questions)
- Play a math game (dice, cards, or cooking)
- 10-minute structured learning session

## When Things Go Wrong

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- "I can't do it" — Break into smaller steps, do the first one together
- Distracted/fidgety — 2-minute movement break, then return
- Crying or upset — Stop. Try again tomorrow. Note the cause.
- Rushing through — Focus on quality, not speed
- Takes too long — Set timer, stop when it rings, note to teacher



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