

Daily Routine Template

Morning + After-School + Bedtime for Kindergarten Families

Morning Routine (60–90 min)

- ☐ 6:30 — Wake up (consistent signal, no screens)
- ☐ 6:35 — Get dressed (clothes laid out night before)
- ☐ 6:45 — Breakfast (sit together, light conversation)
- ☐ 7:05 — Brush teeth + wash face
- ☐ 7:10 — Learning time (10 min reading + math)
- ☐ 7:20 — Free play / earned screen time
- ☐ 7:40 — Shoes, backpack, out the door

10-Minute Learning Slot

- 0–2 min: Warm-up review (sight words or letter sounds)
- 2–5 min: Reading skill (blending, CVC words, sentences)
- 5–8 min: Math skill (counting, addition, patterns)
- 8–10 min: Fun finish (rhyming game, number hunt)

After-School Routine

- ☐ 3:30 — Arrive home + snack
- ☐ 3:45 — Unstructured play / outside time (30–45 min)
- ☐ 4:30 — Learning time (if not done in AM)
- ☐ 4:40 — Free time / activities (30–60 min)
- ☐ 5:30 — Help with dinner / family time

Bedtime Routine (45–60 min)

- ☐ 7:00 — Bath / shower (wind-down signal)

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□ 7:15 — Pajamas + brush teeth

□ 7:25 — Read-aloud together (15–20 min)

□ 7:45 — Lights out (quick goodnight ritual)

Making It Stick

- Hang this template at child's eye level
- Use transition warnings ("5 more minutes")
- Offer choices within the structure
- Expect 2–3 weeks for the routine to feel natural

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