

# Weekly Study Routine

A Simple Daily Plan for 6-Year-Olds

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## Daily Structure (10 Minutes)

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- ☐ 1 min: Trigger — set timer + open study folder
- ☐ 4 min: Reading block (sight words, phonics, or read-aloud)
- ☐ 4 min: Math block (addition/subtraction, patterns, or game)
- ☐ 1 min: Review — "What did we practice? What was tricky?"
- ☐ 1 min: Close — mark calendar + put materials away

## Weekly Plan

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- Mon: Sight word flashcards + addition practice
- Tue: Phonics practice + number patterns
- Wed: Read-aloud + subtraction practice
- Thu: Sight word review + math game
- Fri: Read-aloud + mixed review (fun challenge)
- Sat/Sun: 5-min short session or reading together

## Motivation Strategies

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- 80% success rule — adjust difficulty to stay in the sweet spot
- Visible progress — calendar marks for every completed day
- Choice within structure — let child pick reading or math first
- Named growth — tell child specifically what they improved
- "Almost done" rescue — "Just do 2 minutes, then decide"

## Reward System

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- ☐ Daily: Calendar mark or sticker + specific verbal praise





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

- 7-day milestone: Small celebration (child picks an activity)
- 14-day milestone: Acknowledge the streak, name the growth
- 30-day milestone: Bigger celebration (child picks dinner)
- 60-day milestone: The routine is a habit — celebrate!

## First 2 Weeks: What to Expect

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- Days 1–3: Novelty — child may be enthusiastic
- Days 4–7: Resistance — stay calm, stay consistent
- Days 8–10: Testing — hold the boundary
- Days 11–14: Acceptance — compliance before enjoyment
- Days 15+: Habit — routine runs on its own



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