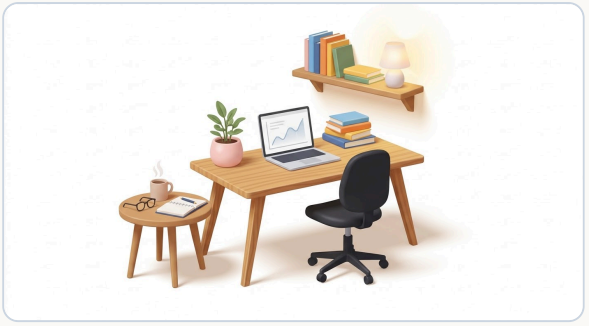
PRINTABLE HOUSEHOLD GUIDE

The Busy Parent's After-School Routine Planner

A Flexible Weekly Plan for Learning, Play, Family Time and Rest



Welcome & Quick Start Guide

Between school runs, homework, extracurriculars, sports, and cultural commitments, afternoons can quickly feel chaotic. This planner is designed to bring calm and flexibility—not rigid schedules. Every child and every day is different. Use this tool as a gentle framework to ensure your family balances academic learning with rich play, relaxation, and quality family time.

3 Core Principles

- **Flexibility First:** Adjust timing based on energy levels.
- **Downtime Matters:** Kids need transition rest after school.
- **Connection Over perfection:** Prioritize peace over strict clocks.

How to Use This Planner

1. Print out pages 2 to 6.
2. Fill in fixed commitments first (School/Classes).
3. Involve your child in picking daily activity options.

Design Your Ideal Week

Block out fixed commitments, then fill in flexible time for homework, sports, online classes, and rest.

Day	School Hours	Homework & Online Classes	Sports & Hobbies	Family & Rest
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Priorities & Focus

Key Reminders / Class Times

After-School Routine Builder

Create a peaceful progression from school wrap-up to bedtime. Fill in approximate times that suit your home.

Time Slot	Routine Phase	Planned Activities & Notes
_____	**1. Arrival & Decompress**	Unpack bag, shoes away, hands washed, healthy snack
_____	**2. Free Downtime / Rest**	Unstructured play, relaxation, screen-free chill
_____	**3. Homework & Practice**	Schoolwork, Jainam online classes, focused reading
_____	**4. Outdoor / Movement**	Sports, park time, bike ride, active physical play
_____	**5. Family Time & Dinner**	Helping with meal preparation, family conversation
_____	**6. Creative / Hobbies**	Art, music practice, puzzles, language learning
_____	**7. Next-Day Prep**	Pack backpack, lay out clothing, organize study area
_____	**8. Wind-down & Bedtime**	Warm bath/shower, bedtime story, lights out

Flexibility Note for Parents

Children's energy levels fluctuate based on school stress, growth phases, and environmental factors. On heavy school days, expand Phase 2 (Downtime) and shorten formal learning. A calm, flexible sequence creates better long-term habits than a rigid timer.

Daily After-School Checklist

Print multiple copies for daily habit building.

Date: _____

Today's Top 3 Priorities

1. _____
2. _____
3. _____

Learning & Homework

- [ ] School homework completed
- [ ] 20 mins reading / language
- [ ] Jainam online class / revision
- [ ] Backpack checked for notices
- [ ] _____

Play & Health

- [ ] Nutritious after-school snack
- [ ] Outdoor physical activity / sport
- [ ] Creative hobby or free building
- [ ] Hydration goal reached
- [ ] _____

Family & Responsibilities

- [ ] Help set/clear dinner table
- [ ] Tidy up play area & desk
- [ ] Family dinner conversation
- [ ] Clothes laid out for tomorrow

Device Boundaries

- [ ] Screens off during homework
- [ ] Screen-free during family dinner
- [ ] Devices docked 1 hour before bed
- [ ] Total recreational screen: < ___ mins

20 Low-Preparation Screen-Free Ideas

Simple, engaging activities requiring no extra purchases. Grouped by core developmental focus.

🎨 Creative & Hands-On

- **Origami & Paper Craft:** Fold animals or bookmarks using scrap paper.
- **Story Illustration:** Draw a alternative cover for a favorite library book.
- **DIY Cardboard Architecture:** Build forts or bridges from delivery boxes.
- **Nature Sketching:** Collect leaves from outside and trace/shade their textures.
- **Recipe Card Design:** Write and illustrate a family snack recipe.

🧩 Reading & Puzzles

- **Audiobook Listening Corner:** Rest comfortably while enjoying classical tales.
- **Word & Riddle Search:** Create custom word searches for family members.
- **Bilingual Storytime:** Read aloud in English and translate phrases together.
- **Tangram Puzzles:** Solve spatial math puzzles using geometric cutouts.
- **Flashcard Speed Challenge:** Math or vocabulary quick-fire practice.

🏃 Movement & Games

- **Living Room Obstacle Course:** Jump over pillows and balance on tape lines.
- **10-Minute Family Yoga:** Stretch out tension after hours at school desks.
- **Balloon Volleyball:** Keep a balloon off the floor without moving furniture.
- **Traditional Indian Board Games:** Play Carrom, Chess, or Ludo together.
- **Jump Rope Challenge:** Track personal record jumps in 2 minutes.

🌱 Practical Life Skills

- **Snack Prep Station:** Wash, peel, and arrange fruit platters independently.
- **Plant Care & Watering:** Learn botany basics by tending to household plants.
- **Laundry Folding Race:** Learn organization while timing sock-matching skills.
- **Desk Organization Challenge:** Sort stationary into clean, functional bins.
- **Family Thank-You Notes:** Write short appreciation notes to family or teachers.

Weekly Reflection & Reset

Take 5 minutes on Sunday evening with your child to review how the week felt.

Sunday Review Questions

1. What routine or activity worked really well this week?

2. What felt rushed, stressful, or overwhelming?

3. Did my child get sufficient outdoor movement and restful sleep?

4. What ONE small adjustment will we make for next week?

Adjustments for Next Week

KEEP DOING:	TRY DIFFERENTLY:

About Jainam Online Classes

At **Jainam Online Classes**, we understand the balancing act faced by busy families. We offer structured, engaging online learning sessions tailored to fit seamlessly into your child's after-school routine without stress. Designed with care to build academic confidence, discipline, and a lifelong love for learning.