



CALMING
AFTER SCHOOL
ACTIVITIES
Booklet



Calming After School Activities



Hello mama!

The end of a long day at school can leave you with one of two types of children—the energized, rambunctious kind or the exhausted, wants-a-nap type. Either way, This booklet is designed to guide you through after school activities that should help balance your kids so when dinner and bedtime rolls around, they're ready to wind down and get a good night's rest.

XO,

The Branch Moms

P.S. Find more free booklets at
www.thebranchmoms.com

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The Importance of a Calming After School Routine for Kids

When your child comes home from school, they might experience what's called **"after-school restraint collapse"** or in layman's terms, they melt down. They've spent all day following rules and learning new things, so when they come home to their safe space, they may be feeling overwhelmed and erupt.

Creating a calming after school routine can help your child:

- avoid a full blown meltdown
- learn a better way to communicate their emotions
- learn responsibility for their things
- continuing learning with more "practical life" lessons

2

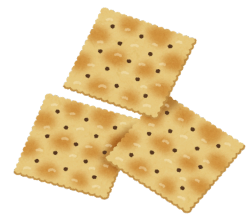
The Non-Negotiables of After School

When your child arrives home, there should be some things they need to do before they start any type of activity. These could include:

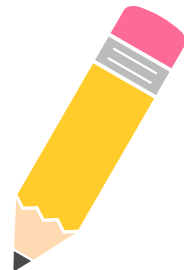
Unpacking their backpacks: Have them unpack and show you what's in their take home folder. This gives them time to talk to you about what they did during their day. If they bring a lunch, have them unpack their lunchbox and throw away wrappers or scraps or wash any containers.



Eat a snack: It's been a few hours since lunch, so your kids are probably hungry! Offer a healthy snack with protein and carbs and if possible something crunchy as that helps with sensory calming.



Homework: Some kids function better when you get homework done and out of the way, but some will need to do another activity before tackling any homework. Just make sure there's a time limit, and stick to non-screen time activities.



3

What Makes a Good After School Project?

After the non-negotiables are done, it's the perfect time to start an after school project. Don't force a project if your child doesn't want to do it. You'll learn what type of activities your child enjoys doing after school, and you can create activities from there.



Simple

You don't have to create an elaborate set up for an activity. And simple doesn't mean boring- it can be as easy as coloring or playing with clay.

New & Exciting

Try something new, or a new way of doing something your kids love. It helps keep your kids entertained and not bored of the same old same old.



Timely

Holidays are great for offering a new and exciting element to activities. Use that excitement to make a holiday-specific craft or food.

4

Popular After School Activities

Bath time

Clay or Play Dough

Paint Rocks

Free Play

Go Outside

Bike Ride

Legos/Blocks/Magnetic Tiles

Cooking

Baking

Kinetic Sand

Reading

Coloring

Dot to Dots

Word searches

Sticker Books

Origami



Troubleshooting After School Challenges

Sometimes, even with the best routine, after school can still be a challenge. Here are a few tips to handle common issues:

Meltdowns

If your child is still melting down despite having a routine, it may be that the activities are not calming for your child. Typical “calming” activities may be more frustrating than calming for super active kids, so trying something that requires more hands-on focus like crafting, legos, sensory bins, or safe destruction (tearing up stuff from recycling, breaking down boxes, breaking branches, etc)

Decision paralysis

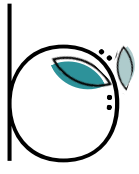
Sometimes making decisions is too much for your little one after spending all day at school. Simplify choices, or already have something ready for them to enjoy, whether that’s a cool new snack or a fun new activity. Also try to move locations- go to the park, library, or store.



BLANK TEMPLATES

An after school routine can help your child decompress from their busy day at school, leading to fewer tantrums and an easier time transitioning to bed time. The following pages are templates you can use to facilitate an after school routine, or you can use them as a starting point to create your own to work for your family.

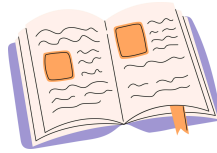
Good Luck!
♥ The Branch Moms



FREE TIME ACTIVITIES



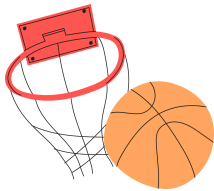
OUTSIDE



READ BOOKS



DRAW PICTURES



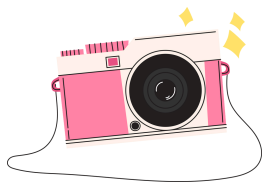
SPORT



LISTEN TO MUSIC



MAKE MUSIC



TAKE PHOTOS



MOVIE



BOARD GAMES



PRETEND PLAY



COOK



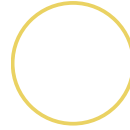
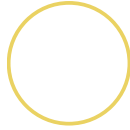
WATER PLAY

MY

AFTERNOON CHECKLIST



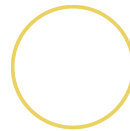
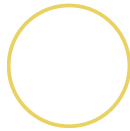
Unpack school bag



Have a bath



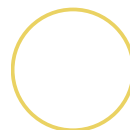
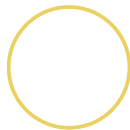
Change out of my clothes



Put on my PJs



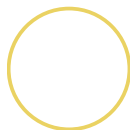
Do my homework



Brush my teeth



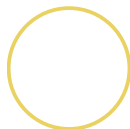
Play time



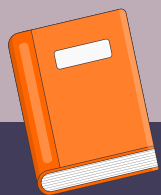
Read a bedtime story



Eat my dinner



Go to sleep



SCHOOL DAY checklist



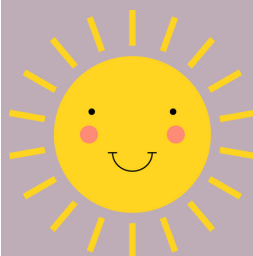
**good
morning**

before school

M T W T F S S

- make the bed
- eat your breakfast
- brush your teeth
- get dressed
- put homework in bag
- pack a water bottle
- pack your lunchbox
- leave for school

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**the best
day ever**

after school

M T W T F S S

- take of shoes
- hang up coat
- unpack school bag
- wash your hands
- eat a healthy snack
- do your homework
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-

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**sweet
dreams**

the evening

M T W T F S S

- eat dinner
- take a bath/shower
- brush your teeth
- get into pajamas
- lay out tomorrow's clothes
- read a bedtime story
- go to sleep

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Just Checkin' In!

How are you feeling?



What was the most frustrating part of your week?

What was the most enjoyable part of your week?

Anything else you would like to share with me?

AFTER SCHOOL CHECKLIST

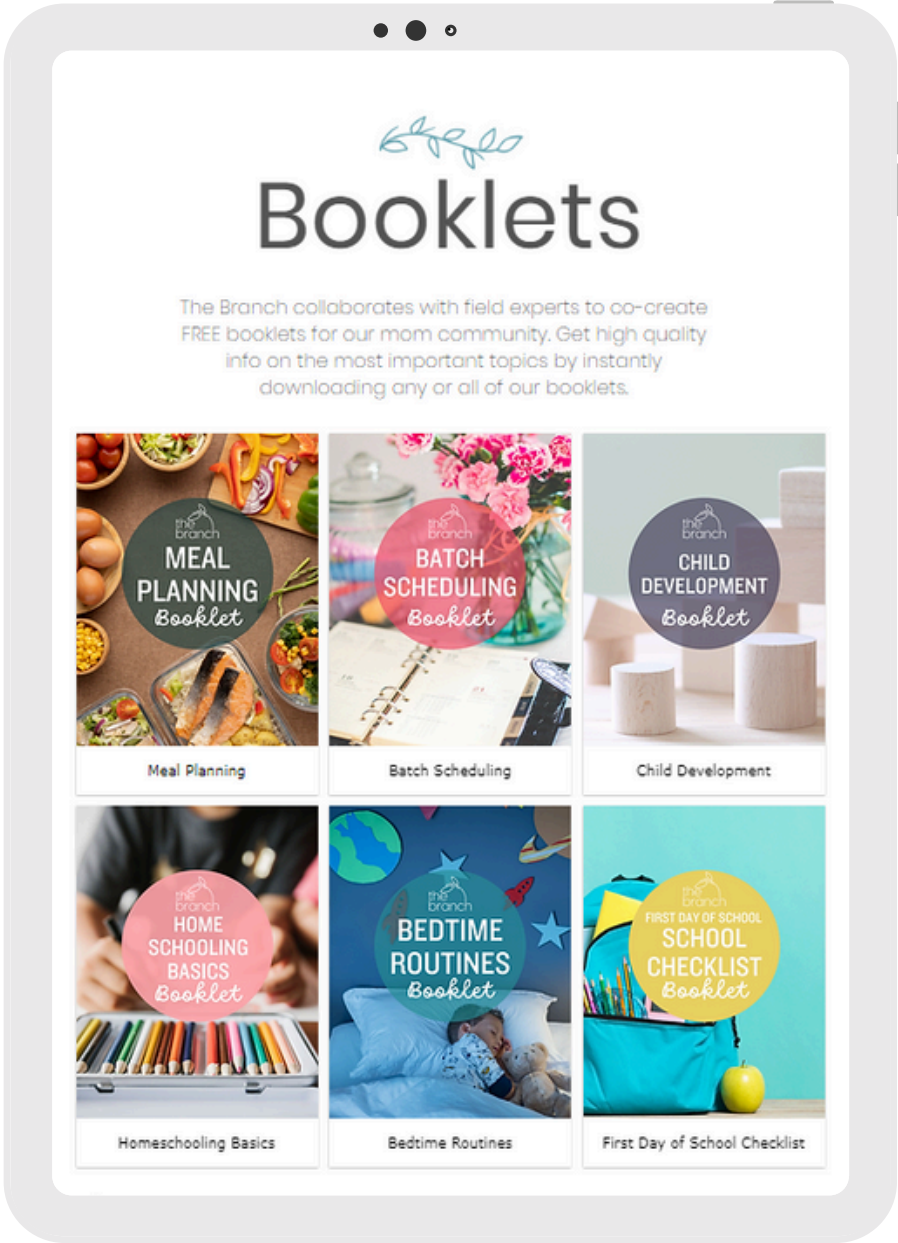
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| 2. UNPACK LUNCHBOX | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. EAT SNACK | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. DO HOMEWORK | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. DO CHORES | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. SET OUT UNIFORM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. EAT DINNER | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. BED ON TIME! | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

EXTRA TASKS I DID:

Did you enjoy this free Booklet?

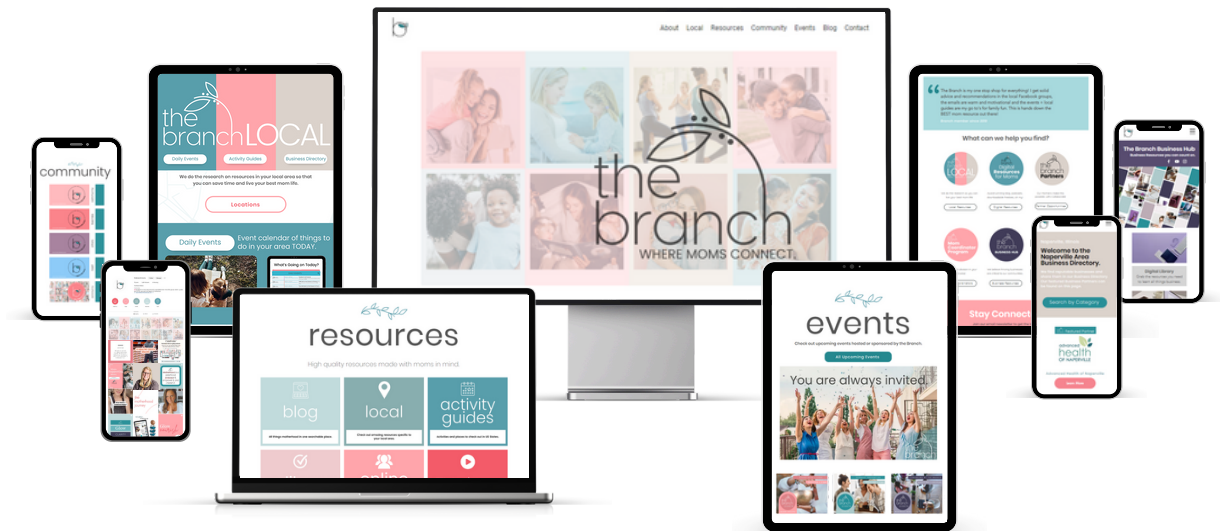
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