



# THE DAILY 4: AFTER SCHOOL



- ▶ Restore Backpack + School Items
  - take out food containers and water bottle
  - put away gear (shoes, jacket/coat, backpack, etc.)



- ▶ Wash Hands
  - use soap and water
  - slowly count to 20 (or sing a short song)



- ▶ Pack Lunch (for the next school day)
  - nutritious food (protein, fat, vegetable, fruit, carb)
  - fill water bottle



- ▶ Free Choice Activity
  - build, draw, play, read, relax
  - up to 30 minutes of screen time