



WALDEN GREEN MONTESSORI

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)
- ☐ real/whole food (protein, fat, vegetable, fruit, carb)
 - ☐ fill water bottle



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