Building a Healthy Homework Routine

Name: _____ Date: _____

A predictable routine reduces homework battles by removing decisions in the moment. Fill this out together, then post it somewhere visible.

1 WHEN — Pick a start time

Homework works best at a consistent time. Choose a time that follows a built-in transition (a snack, a short play break)

Homework will start at: _____ each school day (with room to shift on activity nights).

What happens right before homework starts (the cue)?

_____



2 WHERE — Set up the spot

The best spot is quiet and is somewhere a parent can check in easily — not necessarily a bedroom.

Homework spot: _____



□ Supplies within reach (pencils, paper, chargers)
□ Few visual distractions
□ Phone / devices stored elsewhere unless needed for the assignment

3 Who to ask for help, and how

Decide this before it's needed — it's much harder to problem-solve in the middle of frustration.

If I get stuck, I will first try:

□ Re-reading the instructions
□ Skipping it and coming back after finishing another problem
□ Using a class resource (notes, textbook, online portal)

If I'm still stuck after that, I will ask:

_____

How will you ask (in person, text, wait for a set check-in time)?

_____

4 Break Plan

Work 20–30 minutes → Break 5–10 minutes → Back to work

Breaks work best when they're active and screen-free. A screen break tends to make it harder to switch back to work. Pick 2–3 go-to break activities:

□ Stretch or quick walk
□ Get a snack or water
□ Pet the dog/cat, step outside
□ Draw, doodle, or fidget toy

Other: _____



5 Reward

Rewards work best when they're small, consistent, and immediate — something to look forward to right after homework is done.

When homework is finished, I get to:

_____

Bonus for a full week of sticking to the routine:

_____

