

AFTER SCHOOL CONNECTION

Simple & quick hands-on tips for families

Talk about the plan

Help involve kids in after school plans. After a day of structure, let them have some choice! If they need to do their homework, have a snack, read, and get any jobs done, let them pick the order of their homework.

Make sure to include some PLAY in their afternoon plans!

Check in

Hugs, high fives, waves? Physically check in with your kids once you see them after school.

Do they have any work to show you? Look at each paper together and comment on the good things you see. Ask, "What was a good part of your day? Hard part?"

Art Idea

Grab some chalk, cardboard, and a spray bottle with water.

Encourage kids to draw all over the cardboard with chalk and then spray with water. See what happens!

Do this together as a connecting activity or let your child do this independently as down time.

Science Idea

Mix some dish soap (1-2 tbsps) and some water in a shallow pan. Give your child a straw and encourage them to blow!

See how many bubbles they can make. See how big the bubbles can be!

Play Idea

Have a toy picnic. Take a favorite toy or two outside to play. Lay out a picnic blanket.

Changing up the location of play can help kids explore and create in new ways.

Be their safe place.

Going to school is overwhelming, especially at the beginning of the year with all the new rules and new people.

Plan for meltdowns. Acknowledge their feelings. Listen. Some kids hold it all together all day at school and once they're safe with you they just release it all. Let them.



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