Worksheet · Student Wyckoff · My Day

Morning and evening charts for adults and children

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These editable checklists are starting points, not compulsory family standards. Mark completed actions and remove irrelevant ones. An adult first demonstrates a child’s sequence, keeping one action per row. After school, discuss the child’s needs and the family schedule. A woman can replace “prepare belongings” with her actual responsibility, such as work materials or a change of clothes; gender does not dictate one correct routine.

Name / project: _____

Fill the blank rows with your own examples.

When	Action	Support	Check
Adult morning	Check commitments and choose one main task	Independent	
Adult morning	Check belongings for leaving or starting work	Help if needed	
Child morning	Get ready	Age-appropriate adult support	
Child morning	Have breakfast according to the family plan	Age-appropriate adult support	
Child morning	Check school bag against the list	Together at first	
After school	Discuss whether food, rest or help is needed	Adult listens	
After school	Choose a time for the first study step and free activity	Together	
Child evening	Prepare tomorrow’s belongings	Adult reminder	
Child evening	Begin the family’s calm end-of-day activity	Adult reminder	

When	Action	Support	Check
Adult evening	Record unfinished work, prepare what is needed and set a work stopping time	Independent	

Sources

- mcgraw.princeton.edu
  https://mcgraw.princeton.edu/undergraduates/resources/resource-library/creating-sustainable-flexible-weekly-routine-structuring-your-time
- AAP: family routines
  https://www.healthychildren.org/English/family-life/family-dynamics/pages/The-Importance-of-Family-Routines.aspx
- UCL: habit formation and individual differences
  https://blogs.ucl.ac.uk/bsh/tag/66-days/