

HOMEWORK ROUTINE CHECKLIST (ages 6 -10)

BEFORE HOMEWORK

- Homework time is agreed in advance
- Homework space is quiet and tidy
- All materials are prepared (books, notebook, pencil)
- Distractions are minimized

DURING HOMEWORK


- Work in short focused blocks (10 – 15 min)
- Encourage independence – help only when needed
- Keep a calm and clear tone – no yelling
- Allow mini breaks for movement or stretching

AFTER HOMEWORK

- Homework is checked together
- Praise effort, not just results
- School materials are packed for the next day
- Homework time ends with a positive feeling

REMEMBER

Clear routines reduce stress
Short breaks improve focus
Homework is your child's responsibility — support, not control

 *The step-by-step structure is explained in the eBook **10 Steps to Stress – Free Homework***

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