

Routine Charts for Home Learning

Objectives: To create structure in the home learning environment, and to encourage self-discipline by inviting children and youth to feel capable and responsible using their power in constructive ways.

Comment: Children feel empowered and more motivated to cooperate when they are respectfully included in problem-solving, including the creation of routine charts and planners.

Instructions:

1. Create the routine chart together with your child/youth. Invite them to list tasks and work/projects that need to be done. If something is left out, ask, “What about ____ (laundry, instrument practice, etc.)?”
2. Then ask, “What daily routine do you want to have to complete schoolwork along with your other responsibilities and activities?” Write down the responses. If your child wants screen time, say, “That isn’t part of what needs to be done throughout the day. During our family meeting, we can discuss how much screen time we can agree to after everything else is done.”
3. After listing all the items, ask your child to rank order them to create the daily schedule, including the time allotted for each (see below). Your child can decorate the chart by drawing or finding pictures to put alongside each item. Decide together where to post the chart.
4. If your child fails to follow the schedule, instead of reminding, let the routine chart be the boss: “What is next on your chart?”
5. Use the chart as a “To-Do” or checklist vs. rewards chart which takes away from the child’s inner sense of accomplishment and capability.
6. You and your child can create separate charts for different days, and depending on age, morning/bedtime routines.

Example:

7:00 – 9:00 a.m.	Wake up, shower, dress, breakfast, tidy room
9:00 – 9:40 a.m.	Language Arts
9:40 – 9:45 a.m.	- Break -
9:45 – 10:30 a.m.	Math
10:30 – 11:00	Exercise
11:00 – 11:30 a.m.	Free choice reading
11:30 – 12:30 p.m.	Prepare and eat lunch; clean up
12:30...	<i>(complete the day with remaining work/tasks/free time)</i>