

THE HOMEWORK ROUTINE

From Battle to Rhythm

Predictability calms the brain. Run the same gentle rhythm every time — post it where homework happens.

1

**Connect**

Two minutes of warmth first. A hug, a snack chat, “How was your day?”

ALWAYS START HERE

2

**Snack**

Fuel and water. A hungry, thirsty brain can't focus.

3

**Chunk it**

Break the work into small pieces. Tackle one piece at a time.

4

**Move**

A quick body break — stretch, jumping jacks — resets attention.

5

**Finish**

Stop at “done enough.” Don't chase perfect; protect the calm.

6

**Celebrate**

Name one thing that went well. End on a win, every time.



Always start with Connect. Two minutes of warmth buys you twenty minutes of cooperation.