



CALM EVENING Checklist



Simple steps for smoother evenings
and more time together.



BEFORE HOME

- ☐ Check pick-up times
- ☐ Pack bags & sports gear
- ☐ Take water bottles
- ☐ Have snacks if needed
- ☐ Finish any last-minute messages or calls
- ☐ Plan dinner or defrost what's needed



ARRIVING HOME

- ☐ Hang up bags & coats
- ☐ Put away shoes
- ☐ Empty lunchboxes
- ☐ Start a load of laundry
- ☐ Rest & recharge for 10 minutes
- ☐ Have a healthy snack and drink



HOMEWORK & RESPONSIBILITIES

- ☐ Set up a quiet space
- ☐ Check homework list
- ☐ Do homework
- ☐ Pack bags for tomorrow
- ☐ Complete chores together
- ☐ Celebrate the small wins



DINNER TIME

- ☐ Gather at the table
- ☐ No screens at the table
- ☐ Talk about the day
- ☐ Eat together
- ☐ Help clear up
- ☐ Thank someone for dinner



WIND DOWN

- ☐ Bath or shower
- ☐ PJs on
- ☐ Read a book
- ☐ Quiet time / relax
- ☐ Prepare for the morning
- ☐ Lights out at a good time



FAMILY CONNECTION

- ☐ Share a highlight
- ☐ Listen to each other
- ☐ Plan something fun together
- ☐ Offer hugs & kindness
- ☐ End the day with gratitude



Evening Reminders



- ♥ Perfection isn't the goal. Connection is.
- ♥ Routines create freedom.
- ♥ Gentle is enough.
- ♥ You're doing a great job!



OUR EVENING FOCUS THIS WEEK:





Notes



