



Activity 2:

The "Same Time, Every Time" Challenge

Focus: Consistency

Starting a new school year often means new routines. Instead of creating a long list of rules, choose one small routine your child can practice consistently.

Together, pick one:

Pack my backpack before bedtime.

Put my shoes and clothes out for the morning.

Read for 10 minutes each night.

Spend 5 minutes talking about my day.

Put my lunchbox away when I get home.

Choose one thing I need to do before screen time.

Each day your child completes the routine, they add a star, sticker, smiley face, or checkmark in the boxes below.

At the end of the week, celebrate the effort—not perfection!

Ask:

"What did you notice when you practiced this every day?"

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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My routine: _____

Lil' Leaders Reminder: Small choices repeated over time can become good habits.