

VICLEARN

The Home Routine Kit 10 Systems to End Daily Power Struggles

21 Ready-to-Print Templates for Calm Mornings,
Consistent Chores, and Independent Kids

21 printable A4 pages

Personal or single-classroom use · please don't redistribute

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Morning routine chart

Tick each step. When all six are done, the morning is finished - no reminders needed.

Child: _____

Week of: _____

1

Get out of bed

☐

2

Bathroom & wash face

☐

3

Get dressed

☐

4

Eat breakfast

☐

5

Brush teeth & hair

☐

6

Backpack, shoes, door

☐

Grown-up note: praise the step, not the child - "you packed your own bag" beats "good boy".

After-school routine chart

The 90 minutes that decide how the evening goes.

Child: _____

Week of: _____

1

Shoes off, bag away

☐

2

Snack & water

☐

3

Tell one thing about my day

☐

4

Homework - 20 minutes

☐

5

Free play / outside

☐

6

Pack tomorrow's bag

☐

Grown-up note: praise the step, not the child - "you packed your own bag" beats "good boy".

Bedtime routine chart

Same order every night is what makes bedtime shorter.

Child: _____

Week of: _____

1

Tidy 5 toys

☐

2

Pyjamas on

☐

3

Brush teeth

☐

4

Bathroom

☐

5

Read one book together

☐

6

Lights out & hug

☐

Grown-up note: praise the step, not the child - "you packed your own bag" beats "good boy".

Chore chart · ages 3-5

Tick the square when it is done. Count the ticks on Sunday.

Child: _____

Week of: _____

	M	T	W	T	F	S	S
Put toys in the box	☐	☐	☐	☐	☐	☐	☐
Put clothes in the basket	☐	☐	☐	☐	☐	☐	☐
Feed the pet	☐	☐	☐	☐	☐	☐	☐
Wipe the table	☐	☐	☐	☐	☐	☐	☐
Put shoes on the shelf	☐	☐	☐	☐	☐	☐	☐
Water one plant	☐	☐	☐	☐	☐	☐	☐
Choose tomorrow's clothes	☐	☐	☐	☐	☐	☐	☐
Help set the table	☐	☐	☐	☐	☐	☐	☐

Ticks this week: _____

Reward earned: _____

Chore chart · ages 6-9

Tick the square when it is done. Count the ticks on Sunday.

Child: _____

Week of: _____

	M	T	W	T	F	S	S
Make the bed	☐	☐	☐	☐	☐	☐	☐
Get dressed alone	☐	☐	☐	☐	☐	☐	☐
Clear my plate	☐	☐	☐	☐	☐	☐	☐
Load the dishwasher	☐	☐	☐	☐	☐	☐	☐
Tidy my room 10 min	☐	☐	☐	☐	☐	☐	☐
Take out recycling	☐	☐	☐	☐	☐	☐	☐
Fold my laundry	☐	☐	☐	☐	☐	☐	☐
Pack my school bag	☐	☐	☐	☐	☐	☐	☐
Sweep the kitchen	☐	☐	☐	☐	☐	☐	☐
Homework before screens	☐	☐	☐	☐	☐	☐	☐

Ticks this week: _____

Reward earned: _____

Chore chart · ages 10-12

Tick the square when it is done. Count the ticks on Sunday.

Child: _____

Week of: _____

	M	T	W	T	F	S	S
Make breakfast for myself	☐	☐	☐	☐	☐	☐	☐
Wash & dry dishes	☐	☐	☐	☐	☐	☐	☐
Vacuum one room	☐	☐	☐	☐	☐	☐	☐
Do a laundry load	☐	☐	☐	☐	☐	☐	☐
Take out the bins	☐	☐	☐	☐	☐	☐	☐
Walk the dog	☐	☐	☐	☐	☐	☐	☐
Change my sheets	☐	☐	☐	☐	☐	☐	☐
Prep my lunchbox	☐	☐	☐	☐	☐	☐	☐
Help with a younger sibling	☐	☐	☐	☐	☐	☐	☐
Check the family calendar	☐	☐	☐	☐	☐	☐	☐

Ticks this week: _____

Reward earned: _____

Responsibility ladder

What is fair to ask, age by age. Hand over one new job at a time.

Age 3-4

Put toys away · carry their plate · choose clothes

☐

Age 5-6

Make the bed · feed the pet · set the table

☐

Age 7-8

Pack the school bag · fold laundry · sweep

☐

Age 9-10

Load the dishwasher · make breakfast · walk the dog

☐

Age 11-12

Do a laundry load · plan a meal · babysit for 30 min

☐

Tick the box when the job is theirs for good - you stop reminding, they keep doing.

Reward chart

Colour one star every time the goal is met. Full chart = the agreed reward.

Goal: _____

Week of: _____



The reward we agreed on:

Rule that makes it work: never remove a star that was already earned.

Weekly sticker chart

Five habits, seven days. One sticker or tick per square.

Child: _____ Week of: _____

	M	T	W	T	F	S	S
Habit 1: _____	☐	☐	☐	☐	☐	☐	☐
Habit 2: _____	☐	☐	☐	☐	☐	☐	☐
Habit 3: _____	☐	☐	☐	☐	☐	☐	☐
Habit 4: _____	☐	☐	☐	☐	☐	☐	☐
Habit 5: _____	☐	☐	☐	☐	☐	☐	☐

Write the habit as something you can see happening ("shoes on the shelf"), never as an attitude ("be tidy").

How I feel today

Point to the face, then say one word about why. Naming it lowers it.

Child: _____

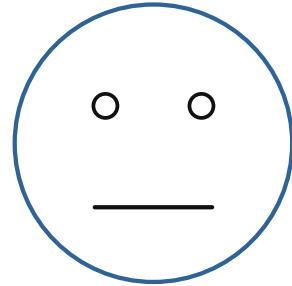
Week of: _____



Happy



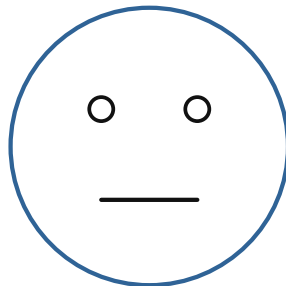
Sad



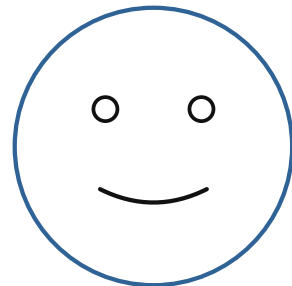
Angry



Worried



Tired



Calm

Calm-down corner cards

Cut out, keep in a jar. Choose one card before talking about what happened.

Balloon breath

Breathe in for 4, hold 2,
out for 6. Three times.

Squeeze & drop

Squeeze both fists hard
for 5 seconds, then let
go.

5-4-3-2-1

Name 5 things you see, 4
you hear, 3 you touch, 2
you smell, 1 you like.

Push the wall

Press your hands on the
wall and count slowly to
10.

Cold water

Wash your hands with cold
water and dry them slowly.

Draw it out

Scribble how it feels,
then turn the page over.

Homework routine agreement

Read it together, sign it together, stick it where the homework happens.

- ☐ Homework starts at ____ : ____ , every school day.
- ☐ Phone and tablet stay in another room until it is finished.
- ☐ I work for 20 minutes, then take a 5-minute break.
- ☐ If I am stuck for more than 5 minutes, I ask - I do not sit and stare.
- ☐ A grown-up checks it, but does not do it for me.
- ☐ When it is done, the bag is packed for tomorrow.

What happens when it goes well:

What happens when it does not:

Child

Grown-up

30-day reading log

Twenty minutes a day. Write the title, the minutes, and one word about it.

Child: _____ Week of: _____

Day	Book / chapter	Min	One word
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

Signature of grown-up: _____ VicLearn · The Home Routine Kit · one family licence

Screen-time tokens

Cut out. Each token is 15 minutes. When the tokens are gone, screens are done.



Chore money tracker

Save · Spend · Give. Write what came in and where it went.

Child: _____ Week of: _____

Save

Total:

Spend

Total:

Give

Total:

Date	What I did	Earned	Spent	Left

Weekly family planner

School, activities, dinner and who takes whom. One page on the fridge.

Monday

after school

dinner

who drives

Tuesday

after school

dinner

who drives

Wednesday

after school

dinner

who drives

Thursday

after school

dinner

who drives

Friday

after school

dinner

who drives

Saturday

after school

dinner

who drives

Sunday

after school

dinner

who drives

Boredom-buster bingo

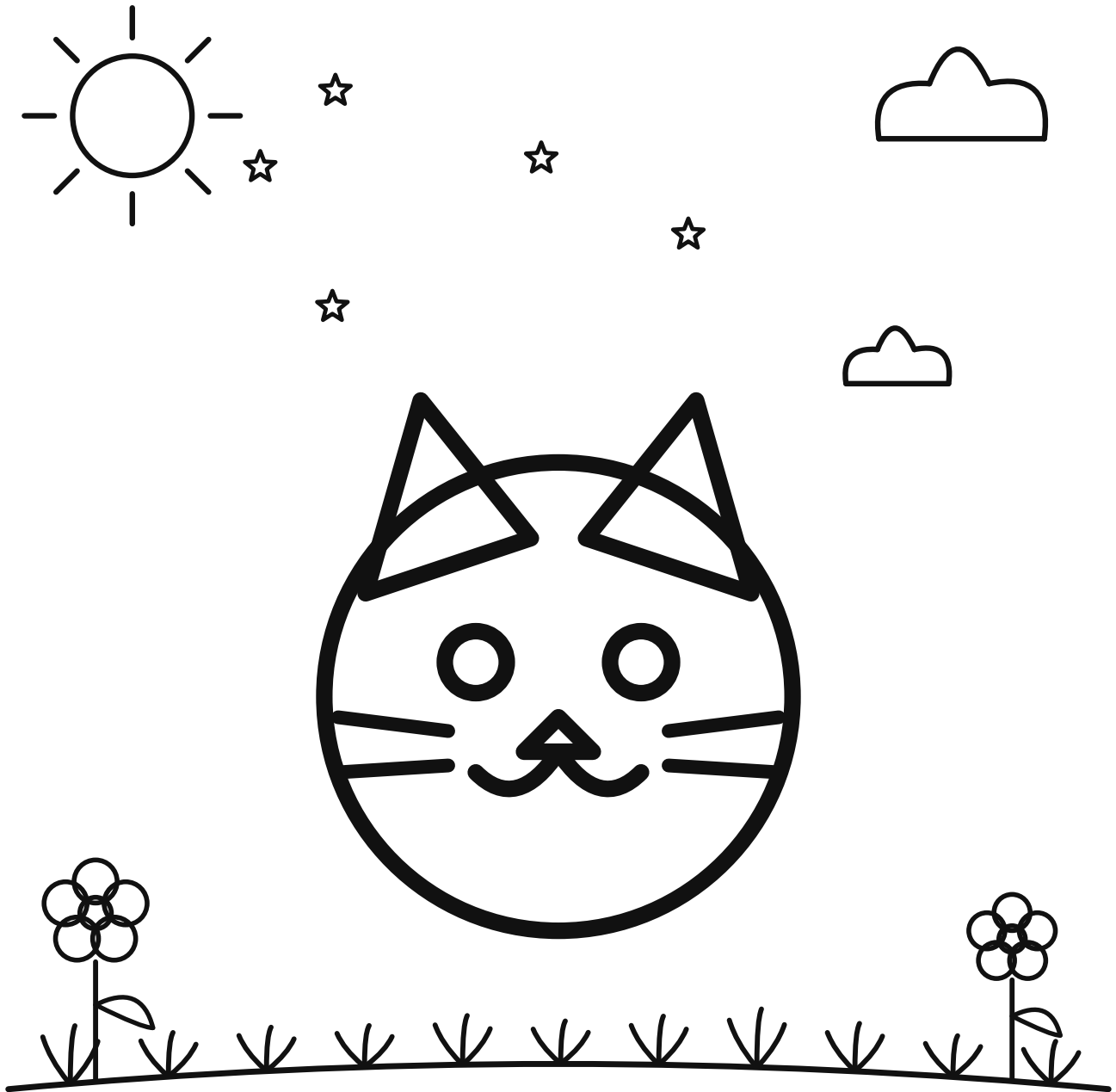
Cross one square a day. A full line earns the family reward.

Build a fort	Read outside 20 min	Draw your dream house	Call a grandparent	Water the plants
Learn 3 new words	Write a postcard	Cook one snack	Ride / walk 30 min	Sort one drawer
Make up a game	Count 50 steps backwards	Find 5 leaf shapes	Free space	Tidy your books
Do 20 jumping jacks	Draw a comic strip	Invent a sandwich	Play a board game	Write tomorrow's plan
Help fold laundry	Practise a song	Build with blocks	Measure 5 objects	Write a thank-you note

Color the picture - Cat

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Name: _____



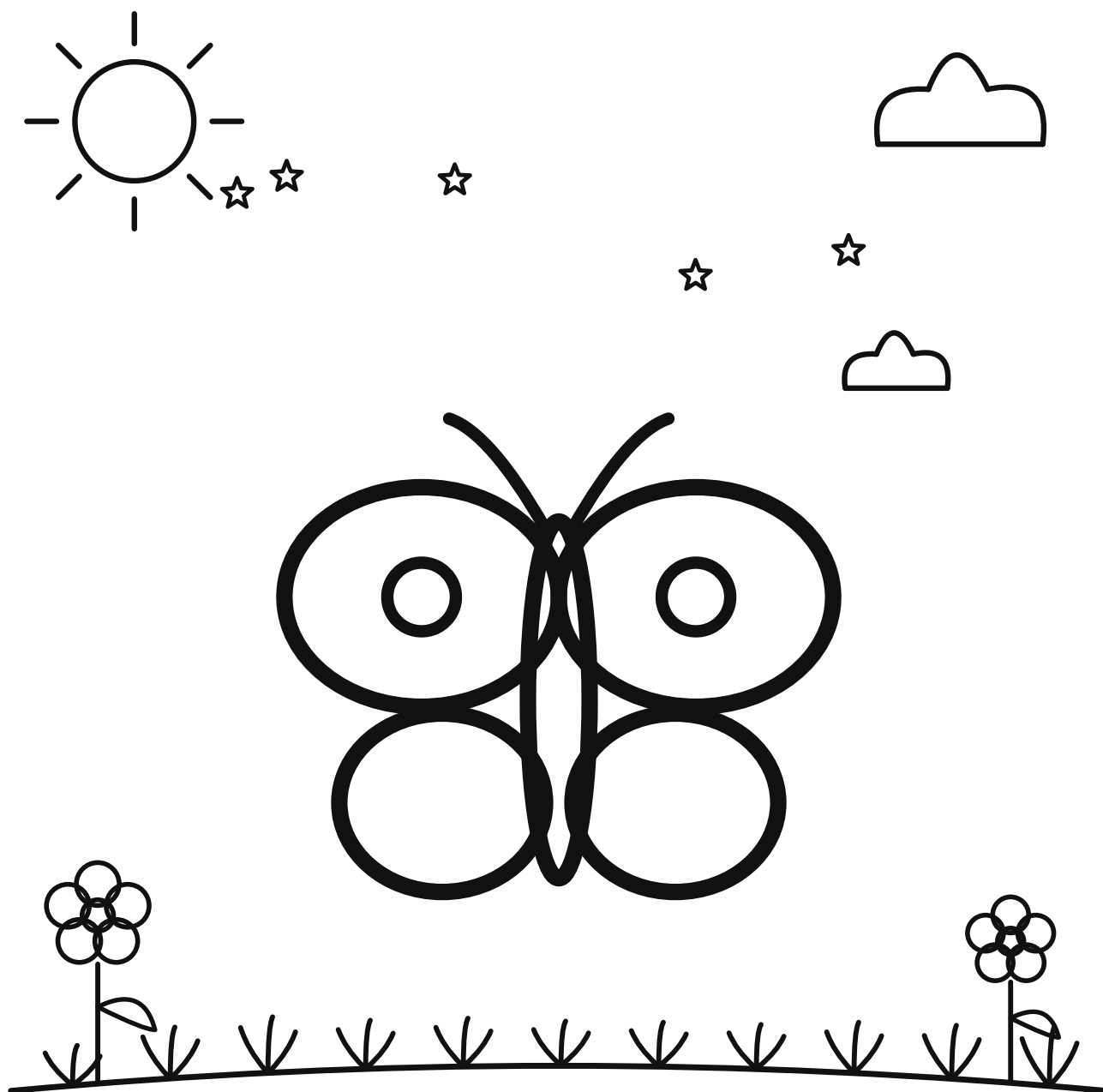
CAT

CAT

Color the picture - Butterfly

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Name: _____



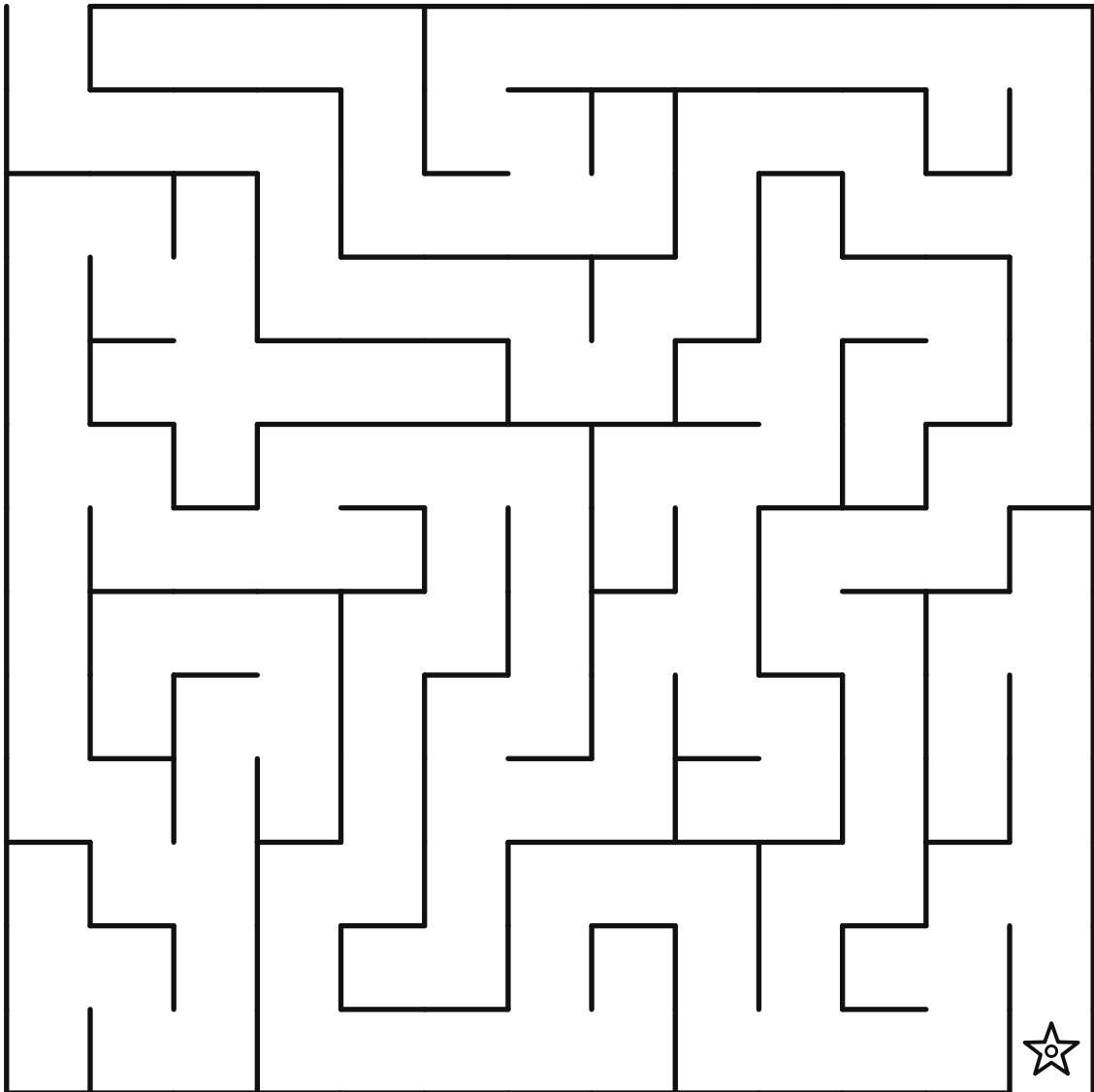
BUTTERFLY

BUTTERFLY

Help the pencil find the way

Start at the arrow and reach the star

Name: _____



Connect the dots - Star

Join the numbers in order, then color

Name: _____

