



WINTER BREAK LEARNING PACK

Use this for one school week at a time. Reprint and repeat as routines strengthen.

INDEPENDENT LEARNING ROUTINE CHECKLIST

A student-led homework system designed to reduce conflict and build responsibility over time.

COMPONENT 1: 🕒 TIME

Fixed Start Time

Agree on a single **30–45 minute window** each school day (for example, 4:30–5:15 p.m.). Treat it like a standing appointment. When the time arrives, homework starts — even if the mood isn't perfect.

COMPONENT 2: 📍 SPACE

Dedicated Learning Zone

Choose one spot in the home as the **learning zone**. Keep it stocked with pens, highlighters, a planner, a calculator, and a charger. No TV, minimal distractions, and ideally not the bed.

COMPONENT 3: ✅ OWNERSHIP

Student-Led Checklist

Each afternoon, the student creates their own list with three sections: **Must-Do, Should-Do, Could-Do**. Adults do not micromanage the list — they simply review it at the end of the study window.

COMPONENT 4: 💬 REFLECTION

Two-Minute Debrief

After the homework block, spend two minutes asking: What went well? What didn't? What is tomorrow's priority? This keeps the tone collaborative and builds self-awareness over time.

WEEKLY SETUP CHECKLIST

- ☐ We chose our **homework time window** for the week.
- ☐ The learning zone is **tidy and stocked** with supplies
- ☐ We printed or pulled up this checklist in a visible spot.
- ☐ The student understands that **they** will lead the daily checklist.
- ☐ We agreed to a **two-minute debrief** at the end of each day.

DAILY ROUTINE TRACKER (ONE WEEK)

Have the student fill this out each day during the homework time window.

DAY	TIME	MUST-DO	SHOULD-DO	COULD-DO	DEBRIEF NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

END-OF-WEEK CHECK-IN

What parts of this routine are working well?

What is still hard or frustrating?

One small adjustment we'll try next week:
