Daily Afternoon Routine



How are you feeling about today?



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What went well today?



What can improve tomorrow?



Who can you ask for help if you need it?

Use this routine each afternoon to wrap up the school day. Fill in the blanks for each part of your routine and check the box when it's complete.

Remember to consider the following:	
Do you know what's expected of you on the homework?	When will it be time to wrap things up for the day?
When should your camera and microphone be on or off?	What can you do to wind down after class?
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This resource is for informational purposes only. Individuals should consult with a professional before using it.