

Homework Starter

A simple 5-minute routine to help homework get off to a better start.

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The way homework begins, often sets the tone for the rest of the afternoon.

Homework can be one of the hardest parts of the day.

Everyone is tired.
The day has been busy.

Before you open the homework book, take just five minutes.

These four steps help your child feel more settled, more ready, and more able to get started.

Not every homework session will go smoothly.

Some days will still feel harder than others.

01 PAUSE

One minute before homework, pause and reset.

- ☐ Have a drink
- ☐ Visit the toilet
- ☐ Put away distractions

02 MOVE

Spend two minutes moving your body.

- ☐ Star jumps
- ☐ Throw and catch
- ☐ Animal walks
- ☐ Stretch

03 SET UP

Before sitting down, create a calm and supportive space.

- ☐ Clear the table
- ☐ Feet supported
- ☐ Back supported
- ☐ Everything ready to go

04 START

Don't think about finishing. Think about the beginning.

“Let's just get started and see how the first few minutes go.”

The goal isn't a perfect afternoon.

The goal is simply to give homework **a better place to begin.**