

After School Visual Guide for Children

This guide gently explores the moments that help children unwind after school — how simple tools, soft rhythms, and familiar choices can support invisible needs with calm hearts, quiet stars, and small sparks of comfort.

With **soft colours, friendly icons,** and **clear language**, each panel supports **emotional regulation, sensory settling,** and **the steady return to home-time safety.**

If after-school time sometimes feels busy, uncertain, or a little overwhelming, this guide is here to make things feel more manageable — **one calm panel at a time.**

Questions You Might Have

What's inside after school time?
After school time has different parts — arriving home, settling in, eating, playing, resting, or catching up on small tasks. Each moment has its own pace, and visual supports can help everything feel steady and predictable.

Why is a snack helpful after school?
A snack gives your body fuel after a long day of learning, moving, and thinking. You can choose foods that feel comforting — crunchy, warm, cool, or simple — whatever helps you feel steady again.

Why do I sometimes feel tired or overwhelmed after school?
School uses a lot of energy — thinking, listening, socialising, and managing feelings. It's normal to feel tired, wobbly, or full of mixed emotions. Calm routines can help you feel safe again.

What's Inside After School Time



A sensory-safe guide to helping you move from school time to home time.

Unpacking & Switching Gears



Putting your things down or unpacking a little helps you shift from school to home.

Snack & Rest Time



A snack or quiet moment helps you recharge. Choose things that feel comfy.

Play or Free Time



Play helps you relax. You might move, imagine, build, or rest, whatever feels good.

Homework or Tasks



If you have tasks, you can do them in small steps. Breaks timers, or lists can help.

Evening Wind Down



As the day ends, calm routines help you slow down. Any feelings are okay.