INCHY HOMEWORK HELP

Homework Routine Card

One task at a time, short blocks, real breaks. Fill in the plan together before you start, then cross off each line.



An example 40-minute session. Use shorter blocks for younger children or hard days.

Before you start

1. Same time, same place. Clear the table except for the first task.
2. Write tonight's homework as small steps in the plan below.
3. Set a timer you can see for 15 to 20 minutes.

While you work

4. Only one task out at a time. Cross it off, then get the next.
5. When the timer rings, take a real break: move, stretch, drink.
6. Grown-ups: one instruction at a time, and praise the effort.

Tonight's plan

#	Small step (for example, "read pages 4 to 6")	Timer done	Crossed off
1		☐	☐
2		☐	☐
3		☐	☐
4		☐	☐
5		☐	☐
6		☐	☐
7		☐	☐
8		☐	☐

What went well tonight?

Based on NHS advice for children with ADHD: split tasks like homework into 15 to 20 minute slots with a break in between, give instructions one at a time, keep a to-do list where it is easy to see, and give praise. nhs.uk/conditions/adhd-children-teenagers. Full routine and KS2 topic help: inchyapp.com/homework-help/#routine. Last checked October 19, 2026.

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