



The Fridge Pack

Five calm, print-ready routine cards for ADHD kids

How to use this pack

1

Pick one card, not five. Start with the time of day that's hardest right now. One routine that sticks beats five that don't.

2

Fill it in together, the night before. Kids with ADHD follow plans they helped make. Sixty seconds tonight buys a calmer morning.

3

Point, don't nag. When your child stalls, point at the card instead of repeating yourself. Let the card be the reminder — you stay the cheerleader.

Want the app to do the reminding?

KidsFocus turns these cards into a living routine with focus timers, stars and gentle reminders — built for ADHD brains.

kidsfocus.org — free to start.

Built by a family who lives this every day — a 12-year-old with ADHD and her dad, in Canberra, Australia.
Help your child focus, build habits, and shine — one star at a time.

Good morning

One step at a time. Tick it, then move on.

This routine belongs to - - - - -



Wake up + toilet

Feet on the floor – that's the win

☐

Get dressed

Clothes were chosen last night

☐

Eat breakfast

Something in the tummy counts

☐

Brush teeth

Two minutes – hum a song

☐

Pack my bag

Check it against the list

☐

Shoes on, out the door

You did the whole morning

☐

Our own step: _____

All ticked? Draw a star here – you earned it.

After school reset

Home is the landing pad. Slow first, then focus.

This routine belongs to - - - - -



Snack + water

Brains need fuel before anything else

☐

Free play or outside time

30 minutes – movement first

☐

One focus block

Circle one: 5 min · 10 min · 15 min – homework or reading

☐

Pack tomorrow's bag

Future-you says thanks

☐

Free time – my choice

Earned, not negotiated

☐

Our own step: _____

Reset done? Colour a star. Tomorrow-you is already winning.

Winding down

Same order every night. Sleepy brains love predictable.

This routine belongs to -----



Bath or shower

Warm water tells the body it's night

☐

Pyjamas on

Comfy beats perfect

☐

Brush teeth

Last job before the good part

☐

Story or quiet time

A book, a chat, or calm sounds

☐

Lights out

You did the whole day

☐

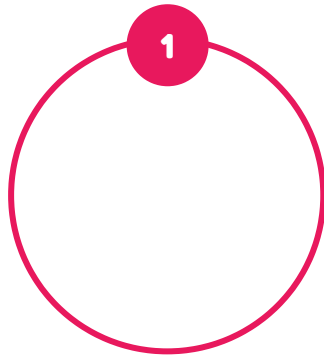
Our own step: _____

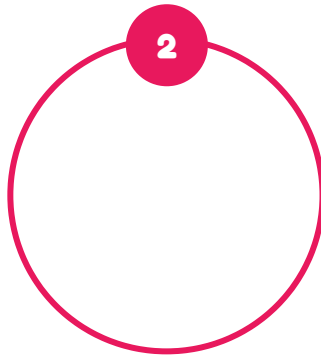
Night routine done? That's tomorrow already easier.

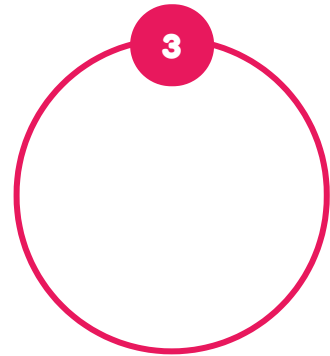
Tonight's 3 things

Sixty seconds together, the night before – for a calmer morning.

Chosen by ----- on -----







Tomorrow's FIRST thing:

Why this works: kids with ADHD find starting the hardest part. Choosing tonight means tomorrow's brain wakes up with the plan already made – no deciding, no arguing, just starting. Let your child do the choosing; you just hold the pen if needed.

Stick this where bedtime happens – the fridge, the bathroom mirror, or the bedroom door. Fill in a fresh one each night, or laminate it and use a whiteboard marker.

Our calm week

Colour a star for each day the routine happened. Progress, not perfect.

Week of ----- · Routine: -----

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						

For the grown-ups – the quiet scoreboard

Each time you pointed at the card instead of repeating yourself, tick a box. Every tick is a nag you didn't have to say out loud – and a moment your child did it themselves.

☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Some weeks the stars are few. That's still a week you showed up for.

Next week, one thing to make easier -----