THE STORYBOOK STOMACH • FREE FAMILY PRINTABLE

Daily Music & Learning Routine Checklist

Simple musical cues to boost focus, memory, and smooth transitions all day long

Daily Routine Block	Spotify Sound & Learning Goal	M	T	W	T	F	S	S
1. Morning Wake-Up Beats Breakfast & Getting Ready	**Play:** Upbeat Kids' Sing-Alongs & Action Songs **Goal: Sparks energy, mood & early vocabulary**	☐	☐	☐	☐	☐	☐	☐
2. Homework Focus Music Reading, Math & Study Time	**Play:** Instrumental Lo-Fi Beats or Soft Mozart **Goal: Blocks distractions & deepens concentration**	☐	☐	☐	☐	☐	☐	☐
3. Clean-Up Transition Song After Playtime or Craft Hour	**Play:** One Fun 3-Minute Tidy-Up Timer Track **Goal: Turns chores into a beat-the-clock game**	☐	☐	☐	☐	☐	☐	☐
4. Bedtime Lullaby & Stories Wind-Down & Read-Aloud Time	**Play:** Gentle Acoustic Piano & Ocean Lullabies **Goal: Lowers stress & locks new words into memory**	☐	☐	☐	☐	☐	☐	☐

Quick Parent Tips for Success

- **Keep Lyrics Off for Homework:** Switch to wordless instrumentals during reading and math so lyrics do not compete with your child's language center.
- **Keep Volume Low:** Background study music works best at a soft, conversational volume.
- **Turn Tough Facts Into Jingles:** Sing spelling words or skip-counting to familiar tunes like *"Twinkle, Twinkle, Little Star."*

Our Family's Favorite Learning Tracks This Week	
Child's Name & Week Of:	
Favorite Focus Playlist:	
Favorite Clean-Up / Memory Song:	