

# BACK-TO-SCHOOL ROUTINE CHECKLIST



## MORNING ROUTINE

- Wake up on time
- Make your bed
- Brush teeth and wash face
- Get dressed for school
- Eat a healthy breakfast
- Pack backpack
- Bring homework/projects
- Fill water bottle
- Put on shoes and jacket
- Leave for school on time

## SCHOOL DAY

- Listen to the teacher
- Participate in class
- Complete classwork
- Stay organized
- Be kind and respectful

## EVENING ROUTINE

- Eat dinner with family
- Shower or bathe
- Pack backpack for tomorrow
- Lay out clothes for tomorrow
- Brush teeth
- Limit screen time before bed
- Read or relax
- Go to bed on time

## AFTER SCHOOL

- Put backpack away
- Have a healthy snack
- Take a short break
- Complete homework
- Read for 20–30 minutes

## DAILY GOALS

- I tried my best today
- I was kind to others
- I stayed organized
- I learned something new
- I am ready for tomorrow!

