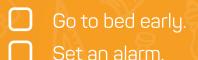
## BACK TO SCHOOL ROUTINE CHECKLIST

## **BEDTIME ROUTINE:**

Set out clothes for the next day.
Pack your school bag.
Pack your lunch.
Take a bath or shower.
Put on pyjamas.
Brush your hair.
Brush your teeth.



Read a book.

Go to sleep.



## **MORNING ROUTINE:**

Get up	earlier	than	normal.
N 4 1			

Make your bed.Get dressed.

Wash your face.

Brush your hair.

Eat a healthy breakfast.

Brush your teeth.

Have an amazing day at school!





