

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.
- ☐ Go to bed early.
- ☐ Set an alarm.
- ☐ Read a book.
- ☐ Go to sleep.



MORNING ROUTINE: ✓

- ☐ Get up earlier than normal.
- ☐ Make your bed.
- ☐ Get dressed.
- ☐ Wash your face.
- ☐ Brush your hair.
- ☐ Eat a healthy breakfast.
- ☐ Brush your teeth.
- ☐ Have an amazing day at school!

