



Back To School Checklist



1 Week Before

- Establish and implement bedtime routine
- Get haircuts
- Establish a place for backpacks to be stored at home
- Create a “homework station”, a nice quiet place to get homework done free from distraction
- Go grocery shopping and get favorite snacks, lunches, baggies, juice boxes, and milk

Night Before

- Lay out clothes, shoes, and socks
- Have all supplies in backpack
- Place backpack by the door
- Pack lunch and put in fridge
- Set alarm clocks
- Charge the camera
- Read some fun “back to school” books at bedtime

Morning Of

- Eat a healthy breakfast
- Brush Teeth
- Wash face
- Enjoy the morning! Take lots of pictures!

