



Before School Checklist



Use this checklist to keep track of all the things you need to do before you head to school!

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Wake up on time!

Get up at a time that gives you enough time to get ready without having to rush out the door. If you feel like you're not getting enough rest, try going to sleep earlier!

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Prepare for your day!

Think about your schedule for today. Do you have any tests? Is there something happening after school? Knowing what to expect can help your day go smoothly!

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Get clean and dressed!

This includes taking care of your hygiene. Shower, brush your teeth, comb your hair, and make sure that your clothes are neat.

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Eat breakfast!

Eating breakfast helps keep you energized during the day. Eat something that will keep you full until lunchtime!

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Morning Chores!

Are there any chores that you are responsible for in the morning? This might include making your bed, feeding your pet, or cleaning up your room.

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Pack up!

Before you leave the house, you want to make sure that you have everything packed that you'll need for school.

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Leave on time!

Having to rush out the door is stressful! Give yourself enough time to make it to the bus stop or to get dropped off without being late.

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