



Daily Checklist

- Morning Routine** (Brush teeth, bathe, get dressed for school, eat breakfast)
- Take scheduled breaks -- Energizer breaks 1-3 mins, every 30 mins.
- Nourishment & hydration -- healthy lunch, snacks & water
- Allow for time outside & screen time
- At least 30 min. play or physical activity every day-- walk, bike ride, yard work
- Organize books, homework and other schoolwork for tomorrow
- Plan ahead--select clothes for tomorrow
- Evening Routine** (Brush teeth, bathe)
- Read for 20 minutes (take turns reading)
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