



Back-to-School Checklist



WEEK BEFORE



Get back into a routine (bedtime & wake-up times)



Stock up on school supplies



Ensure school uniform fits



Label all belongings



Cover school books



Complete school paperwork



NIGHT BEFORE



Pack school bag



Pack in a hand sanitizer and mask



Lay out uniform



Pack lunchboxes



Go to bed earlier



Set an alarm



Charge your phone for first day pics!



FIRST DAY OF SCHOOL



Get up earlier than normal



Eat a wholesome breakfast



Take pictures



Have fun at school!

