

BACK TO SCHOOL ROUTINE CHECKLIST

BEDTIME ROUTINE

- Set out clothes for the next day.
- Take a bath or shower.
- Put on pyjamas.
- Brush your hair.
- Brush your teeth.
- Read a book.
- Go to sleep.



MORNING ROUTINE

- Make your bed.
- Get dressed.
- Wash your face.
- Brush your hair.
- Eat a healthy breakfast.
- Brush your teeth.

