



# Morning Checklist

TO START YOUR DAY OFF RIGHT!



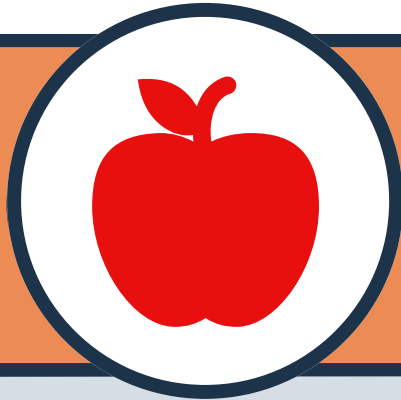
Wake up at 7am



Get dressed



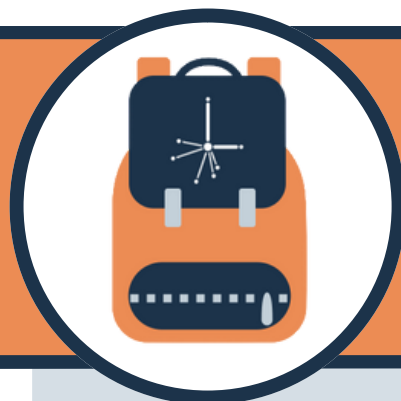
Stretch for 5 minutes



Eat a healthy breakfast



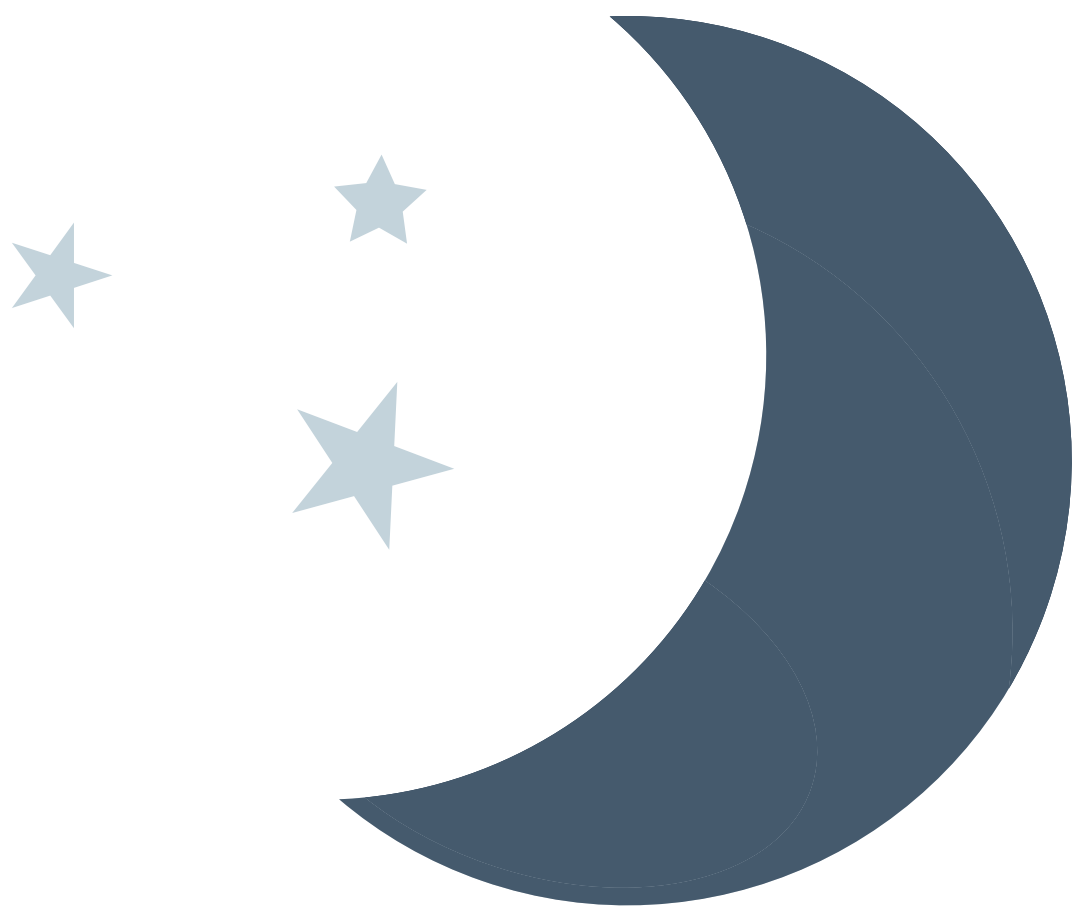
Brush teeth & wash face



Put shoes on & pack your backpack



Have a great day!!

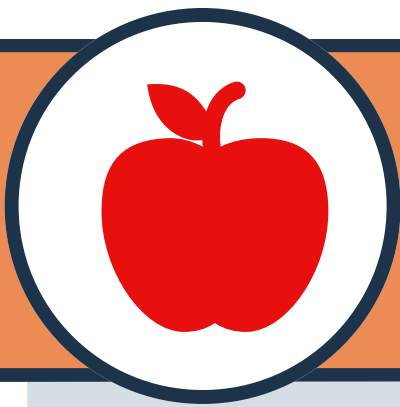


# Evening Checklist

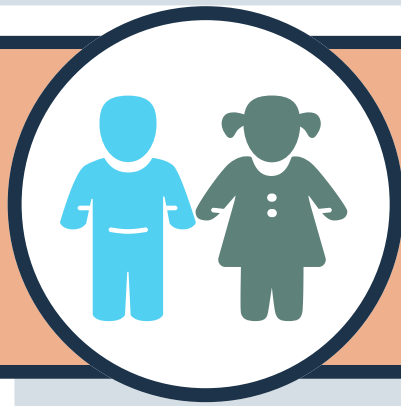
TO END YOUR DAY OFF RIGHT!



Make sure school work is in backpacks



Eat a healthy snack & drink water or tea



Lay out clothes for the following day



Mindfulness for 5 minutes



Brush teeth & wash face



Read a book in bed



Lights out by 8pm