

5 Simple Back-to-School Routines

Less reminding. More independence. Calmer school days.

1. MORNING ROUTINE

- ☐ Get dressed and make my bed
- ☐ Brush teeth and hair
- ☐ Eat breakfast
- ☐ Check backpack, lunch and water
- ☐ Shoes on - ready to go

2. AFTER-SCHOOL ROUTINE

- ☐ Put backpack in its place
- ☐ Put away lunchbox and water bottle
- ☐ Give important papers to an adult
- ☐ Have a snack and short break
- ☐ Check what I need to do next

3. HOMEWORK ROUTINE

- ☐ Work in my homework spot
- ☐ Complete homework, reading or practice
- ☐ Put finished work in my folder
- ☐ Return folder to my backpack
- ☐ Ask for signatures if needed

4. NIGHTTIME ROUTINE

- ☐ Choose tomorrow's clothes
- ☐ Check tomorrow's schedule
- ☐ Make sure my backpack is ready
- ☐ Brush teeth and have quiet/prayer time
- ☐ Get to bed on time

5. WEEKEND RESET ROUTINE

- ☐ Tidy my room and school things
- ☐ Help with one household job
- ☐ Prepare for Sunday / church
- ☐ Check Monday's schedule
- ☐ Choose clothes and pack for Monday

MAKE IT YOUR OWN: Laminate this page or place it in a clear sheet protector. Let your child use a dry-erase marker to check each step. Keep it in a routine binder, on a clipboard, or in a designated spot your child can reach.

Today's win: _____

The goal is progress, responsibility, and growing independence - not perfection.