

BE SIMPLE BE REAL KIDS

My Back-to-School Routine Binder

Simple reusable routines that help children practice responsibility, independence, and confidence.

This packet belongs to:

Inside: Morning - After School - Nighttime - Saturday - Sunday/Church Day - Gold Star Week - Weekly Check-In

The goal is not perfection. The goal is to help your child learn what comes next, take ownership of everyday responsibilities, and gradually need fewer reminders.

How to Use This Routine Packet

Choose the setup that works best for your child and your home.

Make it reusable

Laminate the checklist pages or slide them into smooth clear sheet protectors. Let your child use a dry-erase marker to check each task, then wipe the page clean for the next day.

Give it a home

Create a small routine binder or notebook and keep it in a designated place in your child's room. You can also place a laminated page on a clipboard and hang it on a wall or bedroom door, use a magnetic surface, or keep each checklist near the place where that routine happens.

Let your child do the checking

The child should hold the marker and check the boxes whenever possible. Instead of giving every direction, try asking, "What comes next on your checklist?"

Adjust it

Every family and every child is different. Cross out, add, or change steps so the routine fits your child's age, school schedule, and family life.

Use stars for encouragement

A gold star celebrates effort and growing responsibility - not a perfect day. One reminder does not have to erase a whole day's progress.

My Morning Checklist

Start the school day calmly and confidently.

☐	Get dressed.
☐	Make my bed.
☐	Brush my teeth and hair.
☐	Eat breakfast.
☐	Pack my lunch and water bottle.
☐	Check my backpack for homework and school papers.
☐	Put on my shoes and get ready to go.

I did it! I checked my routine and took responsibility for what I could do on my own.

My After-School Checklist

Put things away, recharge, and prepare for tomorrow.

☐	Put my backpack in its place.
☐	Put away my lunchbox and water bottle.
☐	Give important school papers to an adult.
☐	Have a snack and take a short break.
☐	Complete homework, reading, or practice.
☐	Put finished homework back in my backpack.
☐	Check what I need for tomorrow.

I did it! I checked my routine and took responsibility for what I could do on my own.

My Nighttime Checklist

A little preparation tonight can make tomorrow morning easier.

☐	Choose my clothes for tomorrow.
☐	Make sure my backpack is ready.
☐	Check tomorrow's schedule.
☐	Put away toys and belongings.
☐	Brush my teeth.
☐	Read, pray, or have quiet time.
☐	Get into bed at my regular bedtime.

I did it! I checked my routine and took responsibility for what I could do on my own.

My Saturday Checklist

Reset, help at home, and enjoy the weekend.

☐	Make my bed.
☐	Brush my teeth and get dressed.
☐	Put dirty clothes in the hamper.
☐	Help with a household chore.
☐	Tidy my bedroom or personal space.
☐	Put school things back where they belong.
☐	Enjoy play, family, or outdoor time.
☐	Check what I need for Sunday.
☐	Prepare clothes for church.

I did it! I checked my routine and took responsibility for what I could do on my own.

My Sunday & Church-Day Checklist

Prepare for Mass, enjoy family time, and get ready for Monday.

☐	Make my bed.
☐	Get dressed for church.
☐	Brush my teeth and hair.
☐	Eat breakfast.
☐	Make sure I have what I need for Mass.
☐	Get myself ready to leave with my family.
☐	Enjoy family, rest, or quiet time.
☐	Check my school schedule for Monday.
☐	Choose Monday's clothes and pack my backpack.
☐	Get to bed on time.

I did it! I checked my routine and took responsibility for what I could do on my own.

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My Gold Star Week

Celebrate effort, responsibility, and growing independence.

Day	Star	Something I did well
Monday	STAR	
Tuesday	STAR	
Wednesday	STAR	
Thursday	STAR	
Friday	STAR	
Saturday	STAR	
Sunday	STAR	

Stars this week: _____ / 7

A star can recognize a day when your child made a sincere effort to use the routine and take responsibility. Keep the focus on progress, not perfection.

Our Weekly Routine Check-In

Look for progress, notice the hard spots, and make next week's plan together.

What went really well this week?

Which routine felt easiest?

What did I remember without being reminded?

Which part was hardest for me?

Did we notice a weak spot or a pattern?

What could make that part easier next week?

Next week's small goal: _____

Parents: use the review to ask how you can help. A difficult routine may need fewer steps, a different time, a clearer place for belongings, more practice, or simply more time to become familiar.