

# School Morning Checklist

A step-by-step morning routine to get kids to school calmly and on time.

## Wake up

- Get out of bed when the first alarm goes off.
- Open the curtains to let in daylight.
- Make the bed before leaving the bedroom.
- Drink a glass of water to wake up.
- Check the day's weather and schedule.

## Personal care

- Use the bathroom and wash your hands.
- Brush your teeth thoroughly.
- Wash your face and tidy your hair.
- Apply any needed sunscreen or lotion.
- Take any morning medication.  
Keep it in the same spot as a daily reminder.

## Get dressed

- Put on the clothes laid out the night before.
- Check the outfit suits the weather and any uniform rules.
- Put on socks and the right shoes.
- Add a jacket or layer if it is cold.
- Place dirty laundry in the hamper.

## Breakfast

- Eat a healthy breakfast at the table.
- Take any vitamins if your family uses them.
- Clear your plate and cup after eating.
- Refill and seal your water bottle.
- Grab the prepared lunch or lunch money.

## Final preparation

- Do a final backpack check against the list.
- Add any homework or signed forms.
- Pack day-specific items like gym kit or instruments.
- Confirm your device is charged and packed.
- Put on shoes and gather your jacket.

## Leave on time

- Check the clock against your departure time.
- Say goodbye and confirm pickup plans.
- Take keys, bus pass or ID with you.
- Lock the door on your way out.
- Head to the bus stop, car or walking route.