



# Back-to-School Checklist

## FIRST DAY OF SCHOOL: \_\_\_\_\_

Complete the following tasks with your child by making it a collaborative effort.

### 1 MONTH BEFORE

- Create a calendar with important school dates, events, & holidays.
- Create a weekly planner for the school year with school times, BJJ classes, homework time, & meal times.
- Sort through clothing & donate/discard anything that is worn out or doesn't fit.

### 3 WEEKS BEFORE

- Create a station by the door where children can store their belongings - backpacks, coats, shoes, BJJ uniforms, etc.
- Purchase clothes, backpacks, lunch boxes, & water bottles.
- Purchase school supplies.
- Create a bed time routine - limit screen time, read, & set out clothes for the next day.

### 2 WEEKS BEFORE

- Schedule bedtime 15 minutes earlier.
- Create morning routine - waking up 30 minutes earlier, eating breakfast w/protein, & setting agenda for the day.
- Make a "favorite food" list with each of the kids. Note what they like best in their lunches & snacks. Take them grocery shopping & find everything on the list

### 1 WEEK BEFORE

- Meal plan lunches & snacks, make a shopping list, & go grocery shopping.
- Clean room & tidy up living spaces.
- Visit the school, located the classroom, & meet new teachers.

### THE NIGHT BEFORE

- Set alarm clock.
- Pack supplies in backpacks.
- Prepare lunches & snacks.

### THE MORNING OF

- **Take pictures!** Everyone has worked hard to make this day a success. Celebrate!

