



MY SCHOOL MORNING ROUTINE



I CAN DO IT!

1

START MY DAY RIGHT



- ☐ Wake up
- ☐ Wash hands and face
- ☐ Brush teeth
- ☐ Get dressed
- ☐ Brush hair
- ☐ Make bed



A fresh start helps me shine!



2

FUEL MY BODY



- ☐ Eat a healthy breakfast
- ☐ Drink water
- ☐ Take any vitamins

Good fuel gives me energy!



3

GET READY & PACK UP



- ☐ Pack my backpack
- ☐ Check my homework
- ☐ Put on my shoes
- ☐ Grab my lunch & water bottle



I'm prepared and ready to go!



4

OUT THE DOOR



- ☐ Double check I have everything
- ☐ Give a hug & kiss
- ☐ Have a great day!



I've got this! Let's have an amazing day!



YOU'RE AMAZING!

— BELIEVE IN YOURSELF! —

