

School morning routine

Tick each step as you go. Use the short list for younger children and the fuller list as they get older. Pop it in a plastic wallet and reuse with a whiteboard pen.

Before school: Reception and infants

- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Brush teeth
- ☐ Hair and face
- ☐ Shoes on
- ☐ Book bag by the door

Before school: juniors and seniors

- ☐ Uniform on, including the right day's kit
- ☐ Breakfast
- ☐ Teeth and face
- ☐ Reading book and reading record
- ☐ Water bottle filled
- ☐ Homework or prep in the bag
- ☐ Lunch or lunch money
- ☐ Coat, shoes and anything for clubs

The night before: set up for an easy morning

- ☐ Bath or shower
- ☐ Uniform or kit laid out
- ☐ Bag packed for tomorrow
- ☐ Lights out on time