







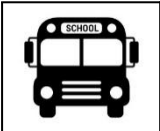














Morning Routine

1. What time do you need to be at school, ready and prepared for first lesson?
2. Work backwards from the time school starts to work out what time you need to get up.

When	What	Complete ✓
	 Wake up with an alarm	
	 Go to the toilet Have a shower	
	 Get Dressed	
	 Eat Breakfast	
	 Brush teeth	
	 School Bag - books - lunch - sports uniform	
	 Activity (if there's is time)	
	 Leave the house	
	 Catch the bus	
	 School starts at 	

After School and Evening Routine

1. How much sleep do you need to get up on time for school?
2. Work backwards from the time you need to be in bed to work out time for each activity.

When	What	Complete <input checked="" type="checkbox"/>
	 Home from school	
	 Snack	
	 Homework	
	 Jobs	
	 Dinner	
	 Screen time	
	 Pack school bag - books - lunch - sports uniform	
	 Quiet activity - no screens	
	 Brush teeth	
	 Bed Time	