



Healthy Habits Checklist

Although the schedule is different for everyone, we have created a few checklists to get you started. You can use these as a guide to create checklists for your family to help form new healthy habits for the upcoming school year.

Days in school

Before school

- Consistent wake up time
- Eat breakfast
- Shower
- Get dressed
- Brush teeth/comb hair
- Pack backpack and leave by the door
- Pack lunch and place in/next to backpack
- Find mask, make sure to have an extra in your bag

After school

- Wash hands
- Place mask(s) in the basket by the door
- Unpack backpack, place lunchbox on the counter
- Change clothes
- Play time
- Consistent bed time

Other things to consider including:

- Practicing a sport or other skill
- Experiential learning - outside, at a park, science experiments
 - <https://www.sciencefun.org/kidszone/experiments/>
 - <https://www.weareteachers.com/easy-science-experiments/>
- Homework time (if applicable)
- Practice or learn musical instrument
- Art time
- Mindfulness exercises – [Growing Our Gratitude](#)