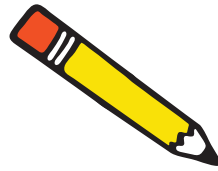


Back-to-School Countdown

Use this Back-to-School Countdown Calendar to plan fun family activities leading up to the first day of school. You can even have your kids put emotion stickers or write in their feelings on the days of the week. Here are a few ideas to get started:

- Drive by the school.
- Go back-to-school shopping.
- Talk about the things you are most excited about.
- Share your worries.
- Read a book as a family.
- Create a self-care box for school.
- Call a friend to schedule a play date.
- Have a picnic in your backyard or nearby park.
- Write a letter to a grandparent.
- Choose your outfit for your first day of school.



AUGUST – SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

Share your activities with us, and any new ideas you have, by using [#OnOurSleeves](#) on social media.