



Good Morning

CHECKLIST

First

Get showered
Get Dressed
Tidy bedroom
Tidy bathroom

next

Empty dishwasher
Clear breakfast dishes and load into dishwasher
Feed the pets and family.
Wipe down the surfaces and breakfast table.
Start one load of laundry.
Dry last nights laundry load.

Preparation

Defrost /prepare tonights tea
Prepare todays shopping/ chore list

Make it easy

Time the laundry load to start an hour before you get home from work /play to avoid wrinkly laundry.

Check your "before school list" to get the kids organised!

Fit your jobs around the kids & family first, just do what you can!

Grab a smoothie for breakfast.



Before School

CHECKLIST

Have you got ?

Money needed for today
Glasses or medication needed
Lunch or dinner money
Letters or forms needed
Homework or projects due.
Water bottle
Sports kit
Instruments

Tidy up and put stuff away in your bedroom and bathroom.

Fill the dishwasher with your breakfast dishes and any dishes from your room.

look after yourself!

Brush your teeth

Have a shower

Comb your hair

Get organised

Lay out, organise and check everything you need the night before school and place everything in a designated area near the door to grab on your way out!

Tell your parents or guardian where you will be after school if you're not going straight home.

Say goodbye to your parents.



Before Bedtime Routine

CHECKLIST

make tomorrow easier

- Lay out tomorrows clothes
- Lay out tomorrows money
- Pack tomorrows lunches
- Lay tomorrows breakfast table
-
-

Clean up !

- Tidy up and put stuff away
- Fold and put away the laundry
- Feed the pets
- Fill the dishwasher
- wipe down the surfaces and clean sink

Stay safe!

- lock garages and sheds
- lock doors
- lock car.

To do

Time a laundry load to start an hour before you wake in the morning

Check your "before school list" to get the kids organised!

store packed lunches in the fridge

Lay out keys, bags and shoes with tomorrows clothes.