

Plan for **SUCCESS** by setting **ROUTINES**

Night Before School Routine



Decide what you want to wear, lay out clean clothes or uniforms (don't forget your socks and shoes).

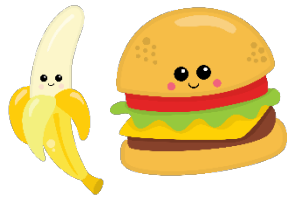
Make sure homework is done, all assignments are complete and all papers are signed (as needed).



Pack your backpack with all of your school supplies and needed materials.



Have one spot where you keep all of your clothes and school supplies



Pack lunch (if you do not get it at school)

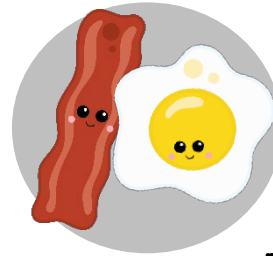
Bathe and do your personal hygiene routine.



Double check everything and set an alarm for 15 minutes earlier than you need to wake up (this minimizes chances of being late).
Make sure you get to bed early.

Morning of School Routine

Wake up when your alarm goes off; do not lay around. This increases your chances of oversleeping and missing school.



Eat a breakfast that is quick to make.

Brush your teeth and do your morning hygiene routine.



Get dressed quickly and efficiently.

Do not put the TV on in the morning or waste time playing games, etc.

Grab your backpack, lunch and all needed supplies from the one spot these items should all be in.



Get to the bus or be ready for your ride early so you get to school on time