



Wake up and eat breakfast

- ☐ Eat breakfast
- ☐ Clean up
- ☐ Brush teeth
- ☐ Get dressed



Morning Chores

Ask what you can do to be helpful. Complete your work with a smile.



Play time

Make sure to clean up after.



School Time!

Follow instructions from your teachers.

BREAK!

Take a break, have a snack, move your body.



School Time!

Follow instructions from your teachers.



Lunch and Recess

- ☐ Wash hands
- ☐ Help prepare/Eat lunch
- ☐ Clean up and get fresh air, if possible! If not, stretch.



School Time!

Follow instructions from your teachers.



Free time

