

BACK-TO-SCHOOL DAILY ROUTINE

A Jonesboro Family's Guide to Stress-Free School Days



MORNING LAUNCHPAD

1. RISE & RECHARGE

- ☐ Wake up with first alarm (no snooze!)
- ☐ Make bed & tidy room
- ☐ Wash face & brush teeth

2. FUEL & OUTFIT

- ☐ Get dressed in preset outfit
- ☐ Eat a hearty, balanced breakfast
- ☐ Fix hair & apply sunscreen/deodorant

3. FINAL DEPARTURE CHECK

- ☐ Grab packed lunch & water bottle
- ☐ Pack backpack with completed homework
- ☐ Put on shoes & jacket at the drop zone
- ☐ Double check phone, keys, & ID card

Track: (M) (T) (W) (T) (F)

EVENING RESET

1. AFTER-SCHOOL RESET

- ☐ Hang up backpack & coat at launchpad
- ☐ Empty lunchbox & refill water bottle
- ☐ Show parent permission slips & papers

2. FOCUS & WIND DOWN

- ☐ Complete homework & study for tests
- ☐ Dinner & quality family time
- ☐ Shower/bath & brush teeth

3. TOMORROW PREP

- ☐ Lay out tomorrow's outfit (socks to shoes)
- ☐ Pack backpack & return to drop zone
- ☐ Screen-free time 1 hour before bed
- ☐ Read for 20 minutes & lights out

Track: (M) (T) (W) (T) (F)

MY PERSONAL DAILY GOALS / EXTRA TASKS

- | | |
|--------------------------------|--------------------------------|
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Jonesboro Pro-Tip: Hang this checklist near your home "Launchpad" or on the refrigerator. Laminate it or slide it into a dry-erase sleeve so kids can check off tasks every day with a marker!