

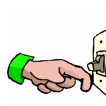


Morning Routine

- ☐  Eat breakfast
- ☐  Get dressed
- ☐  Brush teeth
- ☐  Do hair
- ☐  Put on shoes
- ☐  Pack backpack



Bedtime Routine

- ☐  Take a bath
- ☐  Put on pajamas
- ☐  Brush teeth
- ☐  Use the bathroom
- ☐  Read a story
- ☐  Turn off light



Lunch Box Checklist

Pick one from
each category.
Mix & Match!

Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

Starches



Bagel



Bread



Crackers



Pasta



Pretzels

Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

Proteins



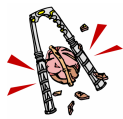
Deli meat



Egg



Tofu



Nuts



Peanut butter

Dairy



Cheese



Milk



Yogurt



Backpack Checklist

☐

Lunch box

☐

Homework

☐

Water Bottle

☐

Books

☐

Notebook

☐

Pencil case

☐

Laptop

☐

Charger



You can have screen time as soon as you:

☐


Unpack lunch box

☐


Finish homework

☐


Read for 20 minutes

☐


Are productive, active, or creative for 30 minutes

☐


You've done at least one chore from the chore list



Healthy Snack Ideas

☐


Yogurt with fresh fruit

☐


Healthy granola bar

☐


Veggie sticks with ranch dressing

☐


Fruit and nuts

☐


Ants on a log

☐


Hard boiled egg and a piece of fruit

☐


Cheese and crackers

☐


Fruit and a piece of cheese

☐


Guacamole and tortilla chips



School Supplies

☐


Markers

☐


Scissors

☐


Crayons

☐


Glue

☐


Pencils

☐


Backpack

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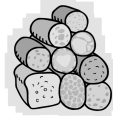


Peppers

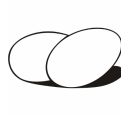


Peas

Proteins



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Tofu



Nuts



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Dairy



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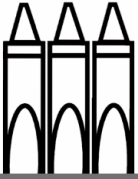

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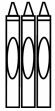
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