

THE BACK-TO-SCHOOL ROUTINE KIT

A few simple systems to set up before the first bell.

The transition from summer to school is easier when it happens gradually. Put a few routines in place now, and those first weeks can feel calmer and more manageable for everyone.

PART ONE

FIVE PRACTICAL TIPS

1

Start Earlier Than You Think

Don't wait until the night before. A week or two out, begin shifting bedtimes, wake-up times, and meals in small increments. Gradual changes are easier on everyone than one abrupt reset.

2

Set Up a Homework Station

A quiet, comfortable place to read and do homework. It doesn't need to be a separate room or even a desk. A section of the kitchen table works. Let your child personalize it with their own pencils, artwork, and reading materials.

3

Build Reading Back In

A light review of last year helps them start a new grade feeling capable. Keep it low-pressure. Reading together is the easiest way back into a learning mindset.

4

Do a Practice Run

A few days before school starts, do a practice morning run-through: wake up, get dressed, eat breakfast, pack the backpack, and head out the door. It's an easy way to spot forgotten supplies or anything that takes a little longer than expected.

5

Protect Their Breaks

Kids need time to move, create, and rest. Build outdoor play, hands-on activities, and unstructured downtime into the after-school schedule. Breaks help them decompress before homework starts.

HOW TO CREATE A MORNING ROUTINE CHART

Sit down together and talk through everything that needs to happen in the morning before they leave for school.

On the next page, have your child fill in their name at the top of the chart, then make the list together. Add drawings, cut out pictures from a magazine, or use the icons provided to make it their own.

Hang the list somewhere easy to see—in their room, on the refrigerator, or by the door. You can even post more than one copy if that helps.

The goal isn't a perfect morning. It's fewer last-minute decisions, a little more independence, and a routine your child can start managing on their own.

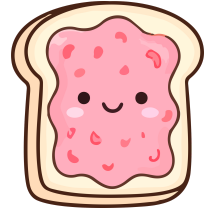


MORNING ROUTINE

Cut Out the Icons and Add Them to Your Morning Routine Chart



eat breakfast



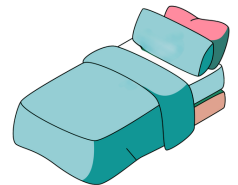
brush teeth



pack backpack



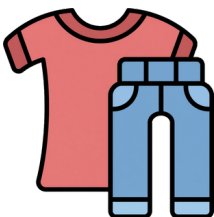
make bed



put on shoes



pack water bottle



get dressed



HOW TO CREATE A COLOR CODING SYSTEM

One Color Per Subject

A simple color-coding system can make it easier for kids to find what they need—and easier for you to check that everything is packed.

Set it up

Let your child choose a color for each subject. Buy the supplies first so you know which colors are available, then assign each one together. Fill out the chart on the next page so everyone in the house knows which color goes with each subject, and post it somewhere easy to see.

Carry it across everything

Use the same colors for folders, notebooks, sticky notes, calendar reminders, and the bins or spaces where schoolwork is stored. Older kids can use the same system for folders on their computer.

Use it every day

Write homework assignments on matching sticky notes and remove them as each task is finished. Store completed work with colored tabs in an accordion file or in matching bins.

COLOR CODING SYSTEM KEY

COLOR SUBJECT
