

# My School Day Routine

**CAMP KINDA**

**Destination:  
School**

Work backwards from the time school starts to figure out what you need to do when!

**School starts at...**



**I need to pack up and leave home by...**



**I need to start having breakfast by...**



**I need to brush my teeth and get dressed by...**



**I need to wake up by...**



**To get at least 9 hours of sleep,  
I need to go to bed by...**



## BEFORE BED CHECKLIST



**Lay out clothes  
for tomorrow**



**Pack up  
backpack**



**Plug in  
electronics**



**Shower  
or bath**



**Brush  
teeth**



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