**My start up routine for return to school**

**Otherwise known as my “how not to turn up to school in my pyjamas” plan ☺**

As we move back to school we all need to readjust our routines from being at home to being at school. So be prepared and be ready to manage the change.

**SAMPLE PLAN**

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| TIME | ACTIVITY |
| 7 am ALARM | Wake up, get out of bed, sing and dance - or just get up. |
| 7:05  | Morning workout – yoga, stretch, madly search for my uniform walking around in circles, great way to increase my steps for the day. |
| 7:20  | Shower, get dressed, brush teeth, talk to myself in the mirror “Good morning, I am good to go and I am grateful for …..”  |
| 7:30  | Eat breakfast, make lunch, pack my bag. Remove the dead banana I did not eat yesterday that is now nice and brown and squishy in my bag. |
| 8:00 | Out the door, off to school. |

**My start up routine**

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| **TIME** | **ACTIVITY** |
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