



# Healthy Habits Checklist

Although the schedule is different for everyone, we have created a few checklists to get you started. You can use these as a guide to create checklists for your family to help form new healthy habits for the upcoming school year, no matter what form that takes.

## Days in school

### Before school

- ☐ Consistent wake up time
- ☐ Eat breakfast
- ☐ Shower
- ☐ Get dressed
- ☐ Brush teeth/comb hair
- ☐ Pack backpack and leave by the door
- ☐ Pack lunch and place in/next to backpack
- ☐ Find mask, make sure to have an extra in your bag

### After school

- ☐ Wash hands
- ☐ Place mask(s) in the basket by the door
- ☐ Unpack backpack, place lunchbox on the counter
- ☐ Change clothes
- ☐ Play time
- ☐ Consistent bed time

## Other things to consider including:

- ☐ Practicing a sport or other skill
- ☐ Experiential learning - outside, at a park, science experiments
  - <https://www.sciencefun.org/kidszone/experiments/>
  - <https://www.weareteachers.com/easy-science-experiments/>
- ☐ Homework time (if applicable)
- ☐ Practice or learn musical instrument
- ☐ Art time
- ☐ Mindfulness exercises – [OnOurSleeves.org/get-involved/gratitude](https://OnOurSleeves.org/get-involved/gratitude)