

STRUCTURE YOUR DAILY ROUTINE

Make your mornings work for you!

Take care of your backpack, binders, lunch, clothes, and chores the night before.

HAVE TIME TO DO WHAT YOU WANT.

USE THESE QUESTIONS TO MAKE A LIST WITH TIMES TO MAP OUT A ROUTINE FOR YOU TO FOLLOW:

MORNING ROUTINE

- What do you like to do in the morning?
- What do you need to do in the morning?
- How much time do these things take?
- What do you need to do to stay in bed until the last minute?
- How can you make this fit even better for you?

EVENING ROUTINE

- What do you need to do after school?
- What do you like to do after school?
- How much time do these things take?
- What can you do tonight to make your morning go smoothly?
- How can you make this fit even better for you?

AVOID SURPRISES AND USE YOUR DAILY PLANNER TO CREATE YOUR DAILY ROUTINE.