



THE DAILY 4: BEFORE SCHOOL



- ▶ Wake Up + Make Bed
- get up on time
 - neatly make bed (sheets, cover, pillow, etc.)



- ▶ Get Dressed
- put away pajamas
 - choose/put on outfit



- ▶ Eat Breakfast + Brush Teeth
- nutritious food (protein, fat, vegetable, fruit, carb)
 - brush teeth for 2 minutes



- ▶ Backpack + Lunch + Outdoor Gear
- pack food containers and water bottle
 - gear-up (shoes, jacket/coat, backpack, etc.)