



WALDEN GREEN MONTESSORI

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
- ☐ real/whole 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.)