



A gentler school morning

One less thing to say five times.

Keep the steps that help. Cross out the rest and add your own.

☐ Breakfast

☐ Get dressed

☐ Brush teeth

☐ Shoes and coat

☐ Water bottle and lunch

☐ Bag and anything for school

Our own reminders

One thing to get ready beforehand

Start with three useful reminders if a whole list feels like too much.