

Healthy Habits Checklist

You can use this as a guide to create checklists for your family to help form new healthy habits for the upcoming school year.

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

After school

- ☐ Wash hands
- ☐ 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
- ☐ Search Mindfulness at
 - [KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org)

