

Back to School

PRACTICE DONUTS





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Practicing the back-to-school morning routine before the school year even starts is a helpful way to prepare both kids and parents. The Practice Donuts Routine can help you and your child brush up on their school routine in a fun way that gets them excited for the school year! In the weeks leading up to school starting, have your child:

Sleep Schedule: Start going to bed around the time they would need to during the school year.

Wake Schedule: Wake up at the time they would need to when school starts

Morning Routine: Complete their morning routine including hygiene tasks, eating breakfast, and packing their bag.

Positive Reinforcement: Head out the door around the time they would need to to get to school on time. Go get donuts or another preferred breakfast item! As an extra bonus, head to a playground and spend time talking about what they are looking forward to this school year.

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TASKS



Lights on & Wake up



Get Dressed



Brush Teeth



Wash Face/ Bathe



Hair Care



Pack Backpack



Put on Shoes

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TASKS



Steps to My School Year

MORNING ROUTINE

Brainstorm a list of the steps in your morning routine.