

# Back-to-School Checklist 2021!



Our updated **Back-to-School 2021 Checklist** is a handy guide to help the entire household prepare for the school year ahead and get a jump start on great grades!



**Restore Routines.** Toddler or teen, routines alleviate stress. Reintroduce regular routines now and make the transition back to the school-year schedule simple.



**Be Prepared for Online Learning.** Online learning has become a school reality. Discuss what habits are needed to navigate any online classes this year.



**Schedule Reading Time Every Day.** Build vocabulary, reading comprehension, and literacy skills, plus unwind and relax—reading is a perfect habit for before bed.



**Set Screen Time Limits.** Minutes online can become hours of screen time. Create a schedule for online time and discover a space for offline habits to develop.



**Build Better Sleep Habits Now.** Both sleep *quality* and *quantity* affect learning, memory, mood, and motivation. Set school-year bedtimes and morning routines today!



**Create a Study Studio at Home.** A study studio is an area of your house where learning can happen without distraction and supplies are always within easy reach.



**Prioritize Organization Habits.** Organization skills are success skills! Shop for wall calendars and school agendas, and don't wait for the school year to begin using them.



**Check in with Mental Health.** Mental health issues can affect learning. Talk about how kids are feeling about the year ahead. Get help if needed.



**Set Goals for the School Year.** Setting goals is a vital part of achieving success in school. Setting goals can help students get better grades and boost motivation and self-confidence.



**Practise Gratitude.** By exercising the “gratitude muscle” daily, students can harness positive thinking to improve their attitude about the year ahead.