

DAY 03: SCHOOL YEAR ROUTINES

Today we're deciding what your school-year rhythm looks like, so your school mornings are calm and stress-free.

STRESS-FREE SCHOOL YEAR

STEP 01 • CHOOSE YOUR ROUTINES

You don't need a routine for everything — just the ones that get chaotic on their own. Pick your version of each:

Morning:

What has to happen between the alarm and getting out the door.

After School:

The first 30 minutes home. Where the backpack goes, snacks & homework.

Evening:

After-dinner routines to make the next morning calm and effortless.

Fill in your specific morning and after-school routines on the printables in today's downloads — one for each. Post them where your kids can see them.

STEP 02 • WEEKLY RHYTHMS

A few small weekly rituals that keep everything from piling up. Circle the ones you want to try:

- Sunday Reset: Spend 20 minutes with the family calendar + backpack clean-out at the start of each week
- Lunch Prep: One weeknight where lunches get planned & prepped for easy morning grab-and-go
- Homework Check-ins: Set at the same time every day, so it stops being a fight

DAY 03: SCHOOL YEAR ROUTINES

Today we're deciding what your school-year rhythm looks like, so your school mornings are calm and stress-free.

STRESS-FREE SCHOOL YEAR

STEP 03 • THE SCHOOL CLOTHES BASKET

Here's a helpful habit that removes the most morning chaos: a basket for tomorrow's clothes. Set up the system now, and have stress-free mornings all year.

1. Grab a "school clothes basket" to keep in each kids room
2. Download the School Clothes Basket printable (in today's downloads) and laminate it or print one out each week
3. On Sunday, look at the expected weather for each day and circle the tops/bottoms/shoes/accessories they'll need to wear
4. Every night, the kids put tomorrow's clothes in their basket (they get to choose, as long as it fits what you circled for the weather)
5. In the morning: the kids get dressed from the basket, without any "where are my shoes?" scrambles or fights over if they need a jacket

Check out today's downloads for a school routine template & a printable version of the My School Day Clothes to help keep school mornings stress-free.

Today's Wins:

- ✓ Morning routine drafted on the printable
- ✓ After-school routine drafted on the printable
- ✓ Decide on any weekly rhythms to set up
- ✓ School Clothes Basket set up

My School Day Routine

These are your routines for school days. Start at the top and check off each box as you finish. You've got this! ★

BEFORE SCHOOL:

Check off each step so you're ready for a great day!

- | | |
|--|---|
| ☐  Make my bed | ☐  Grab my lunch box |
| ☐  Get dressed | ☐  Fill my water bottle |
| ☐  Eat breakfast | ☐  Grab my backpack |
| ☐  Brush teeth | ☐  Shoes on, ready to go! |
| ☐  Brush hair | |

AFTER SCHOOL:

Do these first — then you're free for the rest of the day!

- | | |
|--|--|
| ☐  Put shoes away | ☐  Unpack lunchbox |
| ☐  Put backpack away | ☐  Homework |
| ☐  Pick out clothes for school tomorrow | |
| ☐  Give mom or dad any papers from my folder | |

My School Day Clothes

With a grown-up, check the weather for each day and circle clothes that match the weather for that day. Put those clothes in your basket the night before, and you're ready to grab and go in the morning!

MONDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

TUESDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

WEDNESDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

My School Day Clothes

THURSDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

FRIDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

THIS WEEK'S SPECIAL DAYS

Jot down anything you need to remember about or bring to school for each day.

MON	
TUES	
WEDS	
THURS	
FRI	