

# 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

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### 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