Nighttime Checklist

☐ Eat a snack.

☐ Check lunch menu and pack lunch/snack if needed.

☐ Put completed homework in homework folder and put folder in backpack.

☐ Check calendar for other items to pack (sports equipment, instruments, PE clothes, etc.).

☐ Check desk/homework station to make sure all supplies are put away and needed items are packed.

☐ Pick out clothes for tomorrow.

☐ Grab a towel and washcloth.

☐ Shower or wash up.

☐ Dry off and put on pajamas.

☐ Put dirty laundry in hamper.

☐ Brush teeth.

☐ Take medication (if necessary).

☐ Fill water bottle or grab a glass of water for the night.

☐ Double-check or set a wake-up alarm.

☐ Plug in electronics to charge (laptop, cell phone, etc.).