

😊 Getting Back in a School Routine 😊



Go to bed at a reasonable time each night to ensure a good sleep.

Eat a good breakfast to start each new day.



Remember your school hat and be sun safe.



Exercise and play at recess and lunchtime.



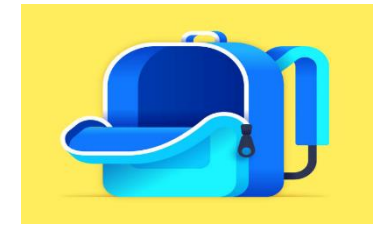
Pack your school bag each night ready for the next day.



Clean your teeth and do your hair each morning.



Pack a healthy recess and lunch. Bring fruito too.



Unpack your school bag each afternoon.

Keep using your smile - bring it to school each day.



Have your school uniform ready for each school day.



Dedicate a part of the afternoon to do any homework.



Set the alarm to get up in time for school.