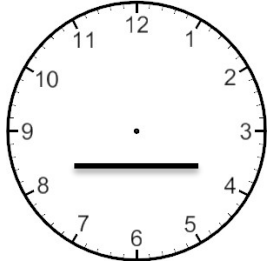


# My Plan for Making My Day at School **AWESOME!**

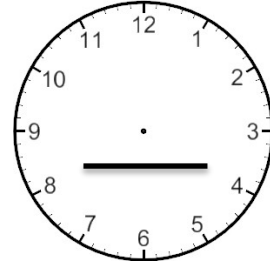
Sleep is important! Most people need *at least* 7 hours of sleep to keep their brain happy.

I go to bed at:



I sleep \_\_\_\_\_ hours.

I wake up at:



Fuel up before you go! Breakfast helps you with your concentration, mood, energy levels, and memory. Eat up!

My delicious and healthy breakfast is \_\_\_\_\_ . Yum!

Plan in advance! A structured routine reduces stress and increase energy and focus.

My morning responsibilities are:



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Exercise makes for a happy brain and healthy body. Get a few minutes of movement in before you leave for school.

My Morning Movement Routine is:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Have a plan that will keep your brain happy all day. (Hint: learning loops, belly breathing, and smiles... check the parent guide for more ideas)

This is what I'll do at school today to help me be an awesome learner:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

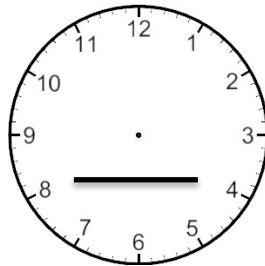
Know the plan! Do you have something schedule after school (Like martial arts class!)? Start your day knowing what the day will bring!

My after school plans are:

- \_\_\_\_\_ at \_\_\_\_:\_\_\_\_
- \_\_\_\_\_ at \_\_\_\_:\_\_\_\_
- \_\_\_\_\_ at \_\_\_\_:\_\_\_\_

Learning means growing! So now you know what your day looks like. When can you schedule your study time?

I will study and do homework at:



You had an awesome day! Make sure it ends just like a workout; with a cool down. How will you relax before bed? (read a good book, breathe, listen to music, watch tv, etc)

My evening routine is:



- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_