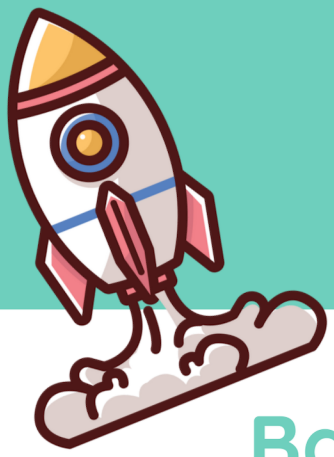
Back to School Toolkit



connections in mind



Check List

Back to School To Dos

Mini deadlines to avoid last minute panic.

1 Month Before

- ☐ Book schools shoes fitting
- ☐ Check uniform fits
- ☐ Check trainers fit
- ☐ Holiday homework done?
- ☐ _____
- ☐ _____

2 Weeks Before

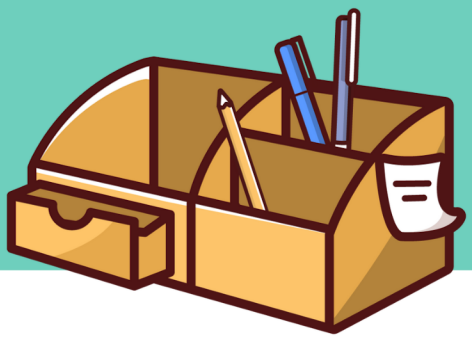
- ☐ Get uniform items
- ☐ Get shoes & trainers
- ☐ Get bag, lunch box etc
- ☐ Get pencil case
- ☐ Get water bottle
- ☐ Check & replace stationery
- ☐ Sign up for clubs/activities
- ☐ Book haircuts
- ☐ _____
- ☐ _____

Week Before

- ☐ Make weekly schedule
- ☐ Complete all school forms
- ☐ Plan school run
- ☐ Double check uniform & shoes
- ☐ Double check equipment
- ☐ Shop for lunches/snacks
- ☐ _____
- ☐ _____

Day Before

- ☐ Check fuel in car
- ☐ Pack school bag
- ☐ Lay out school uniform
- ☐ Prepare hearty breakfast
- ☐ Prepare packed lunch
- ☐ Set Alarms
- ☐ _____
- ☐ _____



Stationery

My Stationery Stock List

Make sure your are well stocked before term starts.

Pens Pencils Etc

- ☐ Pencil case
- ☐ Blue/black rollerball pens
- ☐ Handwriting pen
- ☐ Highlighters
- ☐ HB pencils
- ☐ Pencil sharpener
- ☐ Rubber
- ☐ 30cm ruler (folding)
- ☐ Ink eraser/correction fluid

Art Supplies

- ☐ 2B/4B pencils
- ☐ Set of colouring pencils
- ☐ Glue stick
- ☐ Scissors

Language Supplies

- ☐ Dictionary & thesaurus

Maths Supplies

- ☐ Compass
- ☐ 360-degree protractor
- ☐ Scientific calculator

Computing Supplies

- ☐ Memory stick
- ☐ Ear phones

General Stationery

- ☐ A4 ring binder/lever arch file
- ☐ A4 subject divider cards
- ☐ A4 punched pockets
- ☐ Hole punch
- ☐ Spiral bound jotter
- ☐ Clear sticky back plastic for covering exercise books
- ☐ _____
- ☐ _____



Intentions

My Intentions For This School Year

Both children and parents can complete this page. Having good intentions is one thing but how will you reach your goal?

At the end of this term, how do you want to feel?

I want to feel.....

Four things you can do to help you get there:

1.

2.

3.

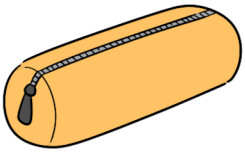
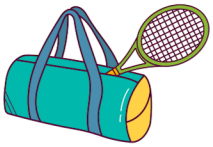
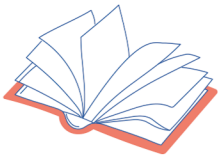
4.



School Bag

My visual check list

Help grow their executive functions from an early age

Item	Visual	Packed?
Pencil Case		
Sports Kit		
Reading Book		
Reading Record		
Water Bottle		
Lunch Box		

Add your own here



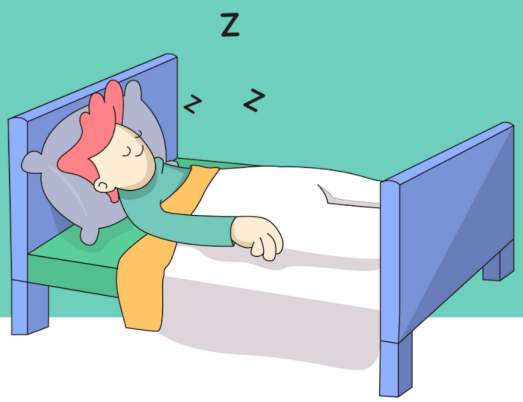
Morning Routine

My check list

Complete this with your child to help build autonomy

Time	To Do	Visual	Done?
	Get Up		
	Wash		
	Get Dressed		
	Breakfast		
	Check School Bag		
	Leave for School		

Add your own here



Evening Routine

My check list

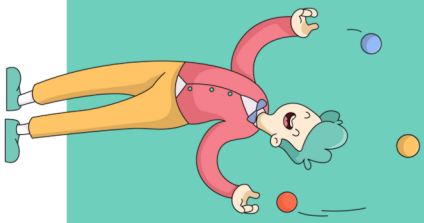
Complete this with your child to help build autonomy

Time	To Do	Visual	Done?
	Snack		
	Chill Time		
	Homework		
	Supper		
	Pack School Bag		
	Chill Time		
	Wash		
	Bed		

Add your own here

Weekly Activity Planner

Get your child to complete this planner to help them remember their kit.



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity					
Visual (add a photo or drawing here)					
Kit Needed					

Activity Planner

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Lunch Planner

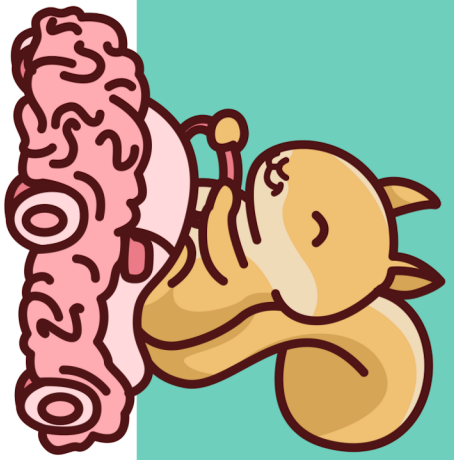
Weekly Pack Lunch Planner

Plan out your meals to reduce wastage and stress.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch					
Snack					

Plan Drop Offs & Pickups

Reduce misunderstandings and frustration by making a routine.



School Run

	Monday	Tuesday	Wednesday	Thursday	Friday
Drop Off Time					
Who					
Pick Up Time					
Who					

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Make a plan for getting homework done

Use a proven technique called mental contrasting to create a workable plan.

	Instructions	My WOOP
W	What is an important **wish** you want to achieve? It should be challenging but realistic.	My Wish:
O	What would be the best **outcome** from achieving this wish. How will you feel?	Best Outcome:
O	What is the main **obstacle**, inside of you, which might prevent you from achieving your wish?	My Obstacle:
P	What is an effective **plan** to overcome your obstacle. Make a when-then plan.	Plan - When: Then I will:



Homework

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