



Back-to-routine guide

For productivity and school prep

RE-ESTABLISH ROUTINES

Establish a consistent routine by reinforcing earlier bedtimes and practicing morning wake-ups, getting ready, and breakfast a week before school starts.

ORGANIZE SUPPLIES & MATERIALS

Prepare for school by gathering all essential supplies—like notebooks, folders, pens, a calculator, backpack, water bottle, charged laptop or tablet, headphones—and label everything to prevent items from getting lost.

DESIGNATE A STUDY ZONE

Create a quiet, well-lit study space and keep it stocked with essential supplies to help students stay seated and focused.

SET GOALS TOGETHER

Help your child set academic and personal goals for the year and use a calendar or whiteboard to visually track assignments, events, and routines.

EASE FIRST-DAY NERVES

Ease first-day nerves by talking through expectations and “what ifs,” and, if possible, visiting the school to help your child get familiar with the environment.