My daily checklist

Tick each box, every day

KUDOZ

Morning

- [ ] Get out of bed on the first alarm
- [ ] Make my bed
- [ ] Get dressed
- [ ] Breakfast, then bowl to the sink
- [ ] Brush my teeth
- [ ] Shoes, coat, bag

After school

- [ ] Empty my lunch box
- [ ] Bag in its place
- [ ] Homework or reading
- [ ] Snack, then clean up
- [ ] Tidy my things

Evening

- [ ] Set or clear the table
- [ ] Tidy my room for 5 minutes
- [ ] Bath or shower
- [ ] Clothes in the hamper
- [ ] Pack my bag for tomorrow
- [ ] Brush my teeth

Weekend

- [ ] Put my clean clothes away
- [ ] Help with one family chore
- [ ] Water the plants
- [ ] Clean out my school bag

Tip: cut out one block and stick it where it happens: the morning list by the bed, the evening list in the bathroom.