



## Back to School (at Home) Checklist

- Establish a bedtime routine.
- Figure out where and when study will take place
- Decide where to keep school stuff
- Make a plan for meals and snacks (or else everyone will be eating all day long)
- How do you want to handle screen time?
- Who will take care of housekeeping?
- Scheduling: Post a weekly calendar that everyone can refer to (online classes, Zoom meetings, family meeting, other activities)
- R&R time: who, what ,when, where, how?

