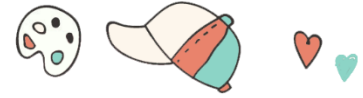
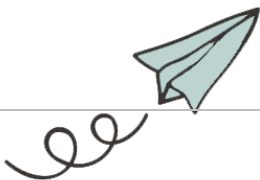
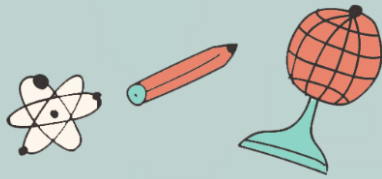


Back to School Checklist



To Prepare	To Buy	To Do	To Label
<input type="checkbox"/> Empty study space from last year's books, paper work & supplies (keep-donate-trash) <input type="checkbox"/> go through what you have <input type="checkbox"/> keep what can be re used ex: colors, notebooks, etc. <input type="checkbox"/> write down what u need to buy after knowing what u have <input type="checkbox"/> organize what's left and make space for new incomings by creating a home spot for everything <input type="checkbox"/> use desk organizers to maximize space & increase productivity <input type="checkbox"/> _____ <input type="checkbox"/> _____	<ul style="list-style-type: none"> • STATIONARY <input type="checkbox"/> School Supplies <input type="checkbox"/> Labels <input type="checkbox"/> Notebook <input type="checkbox"/> _____ <input type="checkbox"/> _____ • UNIFORMS <input type="checkbox"/> School Uniform <input type="checkbox"/> PE outfit <input type="checkbox"/> Hat & Hair Ties <input type="checkbox"/> Shoes & Socks <input type="checkbox"/> _____ <input type="checkbox"/> _____ • FOR SCHOOL BAG <input type="checkbox"/> School Bag <input type="checkbox"/> Lunch bag <input type="checkbox"/> Lunch Box <input type="checkbox"/> Tissue packs <input type="checkbox"/> Drink Bottle <input type="checkbox"/> Spare Change of Clothes <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<input type="checkbox"/> Hair Cut <input type="checkbox"/> Cover exercise / text books <input type="checkbox"/> Sign up for after school sports <input type="checkbox"/> Donate older uniforms and shoes <input type="checkbox"/> Write important dates in dairy / calendar <input type="checkbox"/> Complete medical forms <input type="checkbox"/> Create routine and stick to them <input type="checkbox"/> Wash last year's school bag (if re-used) <input type="checkbox"/> Organize an area to store backpack <input type="checkbox"/> Organize a place to store paperwork <input type="checkbox"/> Organize kids closet <input type="checkbox"/> Organize healthy snacks for lunch <input type="checkbox"/> Plan food to purchase for lunch	<input type="checkbox"/> Lunch Box <input type="checkbox"/> Drink Bottle <input type="checkbox"/> Exercise books / textbooks <input type="checkbox"/> Stationery <input type="checkbox"/> All books supplies <input type="checkbox"/> _____ <input type="checkbox"/> _____
			Other
			<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____





Back to School Checklist



The Day Before:

- ☐ Prepare clothes for first day of school
- ☐ Make sure all supplies are packed in the backpack
- ☐ Pack snacks and lunch if needed
- ☐ Review with your child morning routine
- ☐ Read a back to school book before bedtime
- ☐ Start your bedtime routine early to get kids ready for sleep

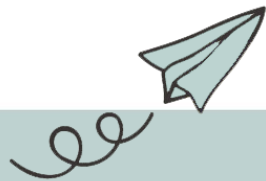
- ☐ -----
- ☐ -----

The First Day:

- ☐ Wake kids up a bit early
- ☐ Have a good breakfast
- ☐ Take first day photo
- ☐ Smile

- ☐ -----
- ☐ -----

Notes:



S.O.R.T.E.D

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Kids' Lunch Box

It's easy now to pack your lunch box, just stick this checklist on your fridge and have fun packing with your kids 🍌

One. The day before school, choose one item from each section and put it on your lunchbox

Two. Put the lunchbox in the fridge overnight

Three. In the morning, add a drink and you're ready to go



protein



fruits



vegetables



carbs

- ☐ Turkey
- ☐ Chicken
- ☐ Meatballs
- ☐ Meat
- ☐ Tuna
- ☐ Hummus
- ☐ Nut butter
- ☐ Hard-boiled eggs
- ☐ Cheese slices
- ☐ Dates
- ☐ Yogurt
- ☐ -----
- ☐ -----
- ☐ -----

- ☐ Apple
- ☐ Pear
- ☐ Orange
- ☐ Grapes
- ☐ Kiwi
- ☐ Pineapple
- ☐ Mango
- ☐ Strawberry
- ☐ Melon
- ☐ Banana
- ☐ Berries
- ☐ -----
- ☐ -----
- ☐ -----

- ☐ Carrots
- ☐ Bell pepper
- ☐ Tomatoes
- ☐ Green bean
- ☐ Edamame
- ☐ Broccoli
- ☐ Olives
- ☐ Asparagus
- ☐ Sweet potatoes
- ☐ Celery
- ☐ Cucumber
- ☐ -----
- ☐ -----
- ☐ -----

- ☐ Bread
- ☐ Toast
- ☐ Bagel
- ☐ Tortilla
- ☐ Pasta
- ☐ Rice
- ☐ Couscous
- ☐ Crackers
- ☐ Granola bar
- ☐ Rice cake
- ☐ Baked chips
- ☐ -----
- ☐ -----
- ☐ -----



Treats

- ☐ Fruit snacks
- ☐ Yogurt
- ☐ Chocolates
- ☐ Pretzels
- ☐ Cookies
- ☐ Mini cupcake

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----



Lunch Box Planner



	Sunday	Monday	Tuesday	Wednesday	Thursday
Lunch					
Fruit & veggies					
Snacks					
Treats					





Kid Name : _____



Morning Routine



Brush Teeth

☐

Potty

☐

Get Dressed

☐

Breakfast

☐

Pack back

☐

Tahseen / Hug

☐

Night Routine



Dinner

☐

Shower

☐

Brush Teeth

☐

Potty

☐

Pajamas

☐

Qura'an / Story

☐