

Making a routine!

Even if you don't thrive on a regular schedule, having one can be beneficial in times of unpredictability, uncertainty, and stress, which is why having a school routine is a smart idea. Here's what you should incorporate into your daily routine.

The night before

The night before the start of the school year...

Prepare your belongings (books, pencil case etc)

Pack your lunchbox and store it in the fridge if you bring your own lunch to school (if needed)

Prepare your school uniform (or clothing).

Make sure you have enough time in the morning for breakfast, hygiene, getting dressed, and getting to school on time! Because you packed your bag and got your clothing ready the night before, there will be no rush.

