

# Nighttime Checklist

- Eat a snack.
- Check lunch menu and pack lunch/snack if needed.
- Put completed homework in homework folder and put folder in backpack.
- Check calendar for other items to pack (sports equipment, instruments, PE clothes, etc.).
- Check desk/homework station to make sure all supplies are put away and needed items are packed.
- Pick out clothes for tomorrow.
- Grab a towel and washcloth.
- Shower or wash up.
- Dry off and put on pajamas.
- Put dirty laundry in hamper.
- Brush teeth.
- Take medication (if necessary).
- Fill water bottle or grab a glass of water for the night.
- Double-check or set a wake-up alarm.
- Plug in electronics to charge (laptop, cell phone, etc.).