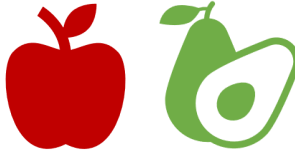




My Morning Checklist

TUMMY CHECK



Be sure you start the day with a healthy breakfast that will help you stay full and happy during your day.

EXERCISE



Be sure you get a lot of exercise each day. One idea is to start your morning with a walk, frisbee game, jumping jacks, or other exercise. Getting your heart rate up first thing will help you prepare for your day of learning.

DESK SPACE



Make sure your desk or table is ready for work.

- ⇒ Have a chair that fits you and allows your whole face to be seen on zoom.
- ⇒ Have your table or desk clear of clutter and prepped with your school materials like pencils, markers, and scissors, organized and ready for work.
- ⇒ Have your family close by, so they can help you when you need it.

DRESS FOR SUCCESS



Even though it can be cozy to stay in pjs all day, we've found that people feel better and are more ready to work when they take them time to brush their teeth and get dressed in the morning!

PUT YOUR SMILE (AND YOUR CAMERA) ON



Your classmates can't wait to see your smiling face on their screen—let your smile shine!