

# STRIVE FOR 5

*Attend School All Week!*

## Tips for Getting out the Door



Establish a morning routine at the start of the school year



Choose and lay out clothes and shoes



Prepare lunch if you take one to school



Gather any items that need to go to school and put in your backpack



Adults

Find your keys, wallet, and phone



## ...and don't forget

to set regular homework & bedtime routines, and limit electronic use

