



STRESS FREE MORNINGS

EAT SMART

Avoid sugary or caffeinated drinks and snacks before bed.



SET AN ALARM CLOCK

Be sure to set your alarm the night before and place the alarm clock across the room, so you have to get out of bed to turn it off!

TRANSPORTATION PLANS

Be ready to meet the bus on time. Create a back up plan! Car pool, use public transportation, walk or ride your bike or call a family member for help!



CONSIDER YOUR CLOTHING

Pick out your outfit the night before. Be sure it is weather appropriate and includes everything you will need (ex: gym clothes, spare mitts)



PACK SMART

Pack your lunch the night before and organize all the items you need for the next day. Sit them with your back pack near the door.



STAY ACTIVE

Make time in your daily routine to stay active and enjoy the outdoors.



GET A GOOD SLEEP

Stop using electronics at least an hour before bed. Pick an early bedtime, so you can get plenty of rest.



HYGIENE ROUTINE

Shower at night and do your hair (ex: curl it, braids)

