

Back-to-School Readiness Guide

A checklist for reducing overwhelm before the first day of school.

School Supplies

- ☐ Backpack cleaned out
- ☐ Laptop/iPad charged
- ☐ Chargers packed
- ☐ Headphones packed
- ☐ Water bottle
- ☐ Fidgets/sensory tools
- ☐ Planner/calendar
- ☐ Emergency comfort item (if helpful)

Schedule Setup

- ☐ First day start time
- ☐ Bus route confirmed
- ☐ Class schedule
- ☐ Locker combination
- ☐ Bell schedule
- ☐ After-school activities
- ☐ Transportation home
- ☐ Enter important dates into calendar

Executive Function Prep

- ☐ Set recurring reminders
- ☐ Create homework routine
- ☐ Choose backpack "drop zone"
- ☐ Choose homework workspace
- ☐ Create charging station
- ☐ Decide where papers go
- ☐ Practice morning routine
- ☐ Practice evening routine

Sensory Readiness

- ☐ Noise-cancelling headphones packed
- ☐ Sunglasses if needed
- ☐ Hoodie packed
- ☐ Safe snacks
- ☐ Water bottle
- ☐ Identify quiet spaces at school
- ☐ Pack sensory tools
- ☐ Comfortable clothing selected to wear

The goal isn't a perfect first week. It's building a routine that works for you.

Back-to-School Readiness Guide

A checklist for reducing overwhelm before the first day of school.

Accommodations

- ☐ IEP or 504 reviewed
- ☐ Teacher has accommodations
- ☐ Case manager contacted
- ☐ Medication forms submitted
- ☐ Emergency contacts updated
- ☐ Transportation accommodations confirmed
- ☐ Assistive technology ready
- ☐ Parent-teacher meeting scheduled (if needed)

Meet the Team

- ☐ Meet counselor
- ☐ Meet case manager
- ☐ Meet teachers
- ☐ Find nurse
- ☐ Find safe adult
- ☐ Know where to ask for help

Emotional Readiness

- ☐ Talk about worries
- ☐ Talk about goals
- ☐ Practice asking for help
- ☐ Review calming strategies
- ☐ Decide who to text if overwhelmed
- ☐ Create first-day plan
- ☐ Celebrate one thing you're excited about

First Week Success

- ☐ Lay out clothes night before
- ☐ Charge devices
- ☐ Pack backpack
- ☐ Review schedule
- ☐ Get enough sleep
- ☐ Eat breakfast
- ☐ Celebrate making it through Day 1!

Don't Forget!

- | | | |
|-------------------------------------|--|---|
| ☐ Glasses | ☐ ID | ☐ Fidgets |
| ☐ Medication | ☐ Water bottle | ☐ Chromebook |
| ☐ Chargers | ☐ Headphones | ☐ Sports equipment |
| ☐ Lunch | ☐ Sensory Items | ☐ Instrument |

The goal isn't a perfect first week. It's building a routine that works for you.