
Ready to Learn

A quick check before the day begins.

Child's name _____

BEFORE WE START

- Teeth brushed**
- Comfortable clothes on**
- Had something to eat**
- Had some water**
- Toilet stop**

When they're comfortable, they're ready. Everything else can wait until they are.

Before You Close the Books

An end of day check — for any kind of day.

Child's name _____

BEFORE THE SCREENS GO ON

- Fresh air**
Outside at some point — even briefly. Air on skin counts.
- Moved your body**
Intentional movement. Five minutes counts.
- Been creative**
Made something that didn't exist before.
- Read something**
Anything. Being read to counts. Audiobooks count.

A child who got outside, moved, made something, and read had a full day — whatever else happened.