

# Ready to Learn?

A morning check-in for the home-ed day

Name: \_\_\_\_\_

## FOUR THINGS TO CHECK

☐ **Teeth brushed**

Hair, face, shower — the whole morning routine

☐ **Had a drink and something to eat**

Tea brewed? Snack sorted? Water bottle filled?

☐ **Used the bathroom**

Before we start, not five minutes in

☐ **Clothes are comfy**

Will you notice them? Right for the weather and where we're working?

## ANYTHING TO ADD?

Things that help you feel ready that aren't on the list yet:

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*When the list is done, learning can start.*