

## Getting ready for school on your own

Getting ready for school is something you can do by yourself if you take it one step at a time. The goal? Create a routine that helps you feel ready and confident each morning.

### Build your morning routine

- Get up at the same time each school day
- Lay out your clothes the night before
- Pack your school bag before you go to bed
- Keep everything you need in the same place.



### Make things easier to suit your vision

- Use labels or textures to help you find things faster
- Keep important things like your cane, hat and school bag in the same spot every day
- Use a timer or alarm to help you stay on track
- Use bright colours if they help you see things more easily.



## Before you leave for school

Do a quick check before you head out the door. Do you have your:

- ☐ School bag
- ☐ Lunchbox and water bottle
- ☐ Hat
- ☐ Cane or assistive technology
- ☐ Homework or library books.
- ☒ **You're ready for the day!**

## One thing for you to do

Choose one part of your morning routine to do by yourself this week.

## You've got this

It's okay if things feel tricky at first. Ask for help when you need it, take your time and remember that learning new things takes practice. The more you practice your routine, the easier it will become.

