

Daily To Do List for Middle School Children



- Wash your hands and face___
- Brush your hair and teeth twice a day: 1___ 2___
- Do homework___
- Pack you backpack and lunch for school___
- Do chores___
- Prepare meals___
- Practice responsible cellphone use___
- Keep your room tidy___
- Make your bed in the morning___
- Join clubs and sports teams in school___
- Help others when you see them struggling___
- Get active/go outside___
- Help your siblings if applicable___
- Be kind to yourself___