

Name \_\_\_\_\_

**I Will**

Think of three things that put you in an "I Won't" MOOD while at school. Now write an "I Will" statement to help you turn your MOOD around and keep a creative, flexible mind!

**I will...**

**I will...**

**I will...**



Name \_\_\_\_\_

# School Prep Checklist

Fill in the title of the assignment or test and the date in which it is due. Look at the checklist below and decide what activities you will do to prepare for your assignment. Write the activities in the section corresponding with the time you will do them.

**Assignment:**

**Date:**

**Day Before:**

**Night Before:**

**Morning Of:**

## RECHARGE

## MOOD

## FOOD

## MOVE

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Get 10-11 hours of sleep.   | <input type="checkbox"/> Tell yourself "I Will" and study.            | <input type="checkbox"/> Eat a healthy breakfast.           | <input type="checkbox"/> Take a study break to MOVE! |
| <input type="checkbox"/> Complete a bedtime routine. | <input type="checkbox"/> Say "I can do this!" and be confident.       | <input type="checkbox"/> Snack on good brain foods.         | <input type="checkbox"/> MOVE after school.          |
| <input type="checkbox"/> Take a brain break!         | <input type="checkbox"/> Turn your MOOD around and make a fit choice! | <input type="checkbox"/> Choose healthy foods at meal time. | <input type="checkbox"/> MOVE in the morning.        |
| <input type="checkbox"/> Relax without a screen.     |   |   | <input type="checkbox"/> MOVE while you study!       |

