

My Countdown to School Schedule

Have each student create a chart with two columns on a piece of paper. The teacher can create a larger one on chart paper as an example. In the left column, list times broken down by 5 or 10 minutes from the time you get up until the time you go to school (get into car, get on bus, start walking, etc.). In the right-hand column, list the tasks that must be completed to get prepared for school and leave in the morning. Students can arrange and alter their list to ensure that they can fit everything in on their schedule. You can also hold discussions about how to add more time to their morning to get ready—for instance, waking up earlier—or are there things they don't have to do in the morning?

Example chart:

Time	Activity
6:50	Wake up
7:00	Get clothes together for the day
7:10	Go to bathroom and shower
7:20	Get dressed into new clothes, brush teeth, etc.
7:30	Continue to use bathroom time
7:40	Eat cereal
7:50	Finish cereal, put dishes away
8:00	Get shoes on, check backpack for homework and supplies for the day
8:15	Head outside to wait for a bus
8:25	Bus arrives