MS JORDAAN | COUNSELING CORNER | ROOM 497

My after-school plan

Small steps. Time to recharge. Space for sleep.

Name: _____ Date: _____

1. Check in & choose my priorities

How am I feeling? _____

My most important task: _____

One more task (if there is time): _____

2. Make a realistic plan

Include homework, breaks, movement, meals and time to relax.

Time	Task / activity	Done
_____	_____	☐
_____	_____	☐
_____	_____	☐
_____	_____	☐
_____	_____	☐

3. Get ready for tomorrow

[ ] Check planner [ ] Pack bag [ ] Prepare clothes / equipment

A question I need help with: _____

4. Protect my sleep

Wake-up time: _____ Bedtime: _____ Wind-down: _____

Plan enough sleep: ages 6-12, 9-12 hours; ages 13-18, 8-10 hours.

Try a consistent bedtime and switch off devices before bed.

Sleep guidance: cdc.gov/sleep/about/ | Ask Ms Jordaan if you need help with your routine.