

A Calm 14-Day Back-to-School Countdown

Simple family steps for a calmer
start to the school routine



READY STEP

A small practical action
that makes school days
feel easier and more familiar.



CALM & CONNECT

A short moment to listen,
reassure, and prepare
together.



First day of school:_____



HOW TO USE IT

Start 14 days before school.
Complete one or both steps each day.



A GENTLE REMINDER

Adapt, switch, or skip any step.
The goal is a calmer start - not perfection.

14 Days of Calm Preparation

DAYS 14-8 - SMALL STEPS, TOGETHER

14 DAYS BEFORE



Mark the first day of school and check key school information.



Ask what your child is looking forward to most.

13 DAYS BEFORE



Choose one small change to bedtime or wake-up time.



Share a favorite school memory with each other.

12 DAYS BEFORE



List the main steps in your school-morning routine.



Let your child choose one step to manage independently.

11 DAYS BEFORE



Choose two or three easy school-day breakfasts.



Prepare or taste-test one breakfast together.

10 DAYS BEFORE



Check the supply list and gather what you already have.



Personalize one small school item together.

9 DAYS BEFORE



Check the backpack and choose its place at home.



Practice saying: Could you please help me?

8 DAYS BEFORE



Check, wash, or label a few school outfits.



Ask what might feel a little tricky about school.



The Final Week

DAYS 7-1 - READY FOR A NEW BEGINNING

7 DAYS BEFORE



Try a relaxed practice morning together.



Celebrate what worked and simplify one tricky step.

6 DAYS BEFORE



Enjoy 10-15 minutes of reading together.



Let your child choose the book or reading spot.

5 DAYS BEFORE



Try a short puzzle, card game, or drawing challenge.



Praise your child's effort rather than their speed.

4 DAYS BEFORE



Enjoy a walk, bike ride, dance break, or active game.



Talk about what helps your child feel refreshed.

3 DAYS BEFORE



Create a landing spot for everyday school items.



Choose one simple after-school responsibility together.

2 DAYS BEFORE



Try a screen-free wind-down before bedtime.



Choose something that will make bedtime feel familiar.

1 DAY BEFORE



Pack the backpack, prepare clothes, and check the plan.



End the day with a familiar, reassuring activity.

