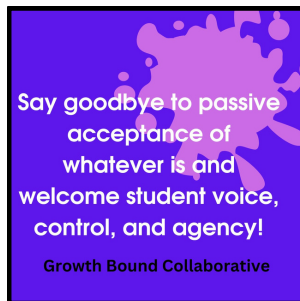


Sundays can be scary... We can help!

Let our checklist support you! Sundays can be really hard when we are dreading our week. Making a plan for your week every Sunday can help squash the scaries we get when we already feel overwhelmed by our week.



Sunday Scaries Checklist:

- ☐ Homework Complete
 - ☐ Studying and Note Processing
 - ☐ Assignments to Be Submitted
- ☐ Email/Communicate with Teachers/Coaches As Needed
- ☐ Weekly Agenda Complete
 - ☐ Big Due Dates Planned
 - ☐ Extracurriculars Planned
 - ☐ Community and Family Commitments Considered
 - ☐ Any Missing Work Scheduled into Plan for Week
- ☐ Special Supplies for the Week Addressed
- ☐ Meals & Snacks Planned
- ☐ Extracurricular Supplies Packed
(ex: sports bag, instrument, art supplies)
- ☐ Water Bottle & Outfit Ready
(Laundry in Order for Week)