

Countdown to School Calendar

14 days of prep — one small task each day to get ready

Two weeks before school starts, begin the countdown! Each day has one small task to help your child (and you!) feel ready. Cross off each day as you go. Print on cardstock for durability!

FIRST DAY OF SCHOOL

START COUNTDOWN ON

14

2 WEEKS OUT

 **School Supply Shopping**
☐ Done! Cross off this day

13

DAY 13

 **Try On School Clothes**
☐ Pick out 5 comfortable outfits

12

DAY 12

 **Take First-Day Photo Prep**
☐ Make a "First Day" sign together

11

DAY 11

 **Practice the Bus Route**
☐ Walk to the bus stop & talk timing

10

DAY 10

 **Practice Morning Routine**
☐ Start earlier wake-up times

9

DAY 9

 **Share All About Me Profile**
☐ Fill out & plan to share with teacher

8

DAY 8

 **Pack & Organize Backpack**
☐ Label everything with your child's name

More Printables in the Members Library

You're a Printables Club member! Visit the Members Library for your full Back to School Kit and monthly drops.

lifeafterabaclassroom.com/printables-club

Countdown to School Calendar

Days 7-1 — Almost there!

7

DAY 7

 **Practice Lunch Room Skills**

☐ Practice opening containers & trays

6

DAY 6

 **Decorate a Lunch Box Note**

☐ Make a "you've got this!" note

5

DAY 5

 **Share Sensory Needs Checklist**

☐ Fill out & email to teacher

4

DAY 4

 **Walk the School Route**

☐ Visit if possible — find classroom

3

DAY 3

 **Lay Out First-Day Outfit**

☐ Check for tags, seams, comfort

2

DAY 2

 **Practice Full Morning Routine**

☐ Time it — aim for calm, not rushed

1

DAY 1 — NIGHT BEFORE

 **Pack Backpack Together**

☐ Snack, water, supplies — check!



FIRST DAY!

 **Smile — You've Got This!**

☐ Take the photo & celebrate

Countdown Tips

- **Go at your child's pace** — if a day is too much, split it across two days
- **Use the Visual Routine Cards** (from your kit) alongside this countdown
- **Celebrate each checked box** — stickers, high-fives, or a special treat!
- **Take photos** — document the journey so your child can see their progress