

## Packing my school bag tips



- Create a consistent routine, use technology i.e. alarms, phone reminders to remind you of evening and morning routines
- Plan ahead, pack your bag the night before
- Have a visual timetable of what subjects you have and what equipment you need for each day
- Use a visual checks list to pack your bag, laminate check list and use whiteboard marker to tick off items as you pack your bag. If necessary, use an evening check list and morning check list.
- Don't take everything for every subject to school. Make sure you only take what you need for the subjects you will have on that day
- At home have a designated space for schoolbooks
- Colour coding your books to match your timetable can make things a lot easier when you are packing your bag. You can make up coloured labels to stick onto your books
- Utilise sections of bag e.g. front pocket for money, bus pass and keys etc
- See also our guide on [‘how to help your child pack their school bag’](#)

Monday	Tuesday	Wednesday	Thursday	Friday
Morning admin/ sign on				
PE	Math	Spanish	English	Food Tech
PE	Drama	Science	PE	Food Tech
Morning Break				
English	Geography	Design Technology	English	Math
English	Geography	Design Technology	Spanish	Math
Lunch Break				
Science	Science	Music	Art	Geography
Math	Science	Spanish	Art	IT



CHECK LISTS

**ENGLISH**

- ☐
- ☐
- ☐
- ☐
- ☐

**MATH**

- ☐
- ☐
- ☐
- ☐
- ☐

**SCIENCE**

- ☐
- ☐
- ☐
- ☐
- ☐

**IT**

- ☐
- ☐
- ☐
- ☐
- ☐

**MUSIC**

- ☐
- ☐
- ☐
- ☐
- ☐

**DRAMA**

- ☐
- ☐
- ☐
- ☐
- ☐

**GEOGRAPHY**

- ☐
- ☐
- ☐
- ☐
- ☐

**SPANISH**

- ☐
- ☐
- ☐
- ☐
- ☐

**PE**

- ☐ Pack bag
- ☐ Uniform
- ☐ socks
- ☐ trainers
- ☐

**FOOD TECH**

- ☐
- ☐
- ☐
- ☐
- ☐

**ART**

- ☐
- ☐
- ☐
- ☐
- ☐

**DESIGN TECH**

- ☐
- ☐
- ☐
- ☐
- ☐

Check lists

Tick off the items as you pack them

- ☐ Planner/ diary
- ☐ Pencil case
- ☐ Bottle of water
- ☐ Exercise Books
- ☐ P.E Kit
- ☐ Money
- ☐ Bus Pass
- ☐ Homework
- ☐ Packed lunch / snack

