



Build a morning routine

Sticking to a routine before school can help you to feel calm and ready for the day.

Going back to school can be an exciting time, but also tiring. You're learning lots of things – in your lessons and perhaps making new friends. Your brain can feel overloaded and it's easy to forget things, especially in the morning when you're still a bit sleepy.

In 2023, a study of 1,300 parents of children aged six to 16, found that more than a quarter were usually late because of problems with their morning routine. Some parents said they struggled to get children out of bed or to finish breakfast on time. Creating a set routine that you stick to each morning is a good way to reduce stress levels and make sure you leave home feeling unhurried and prepared.

It's a good idea to go to bed at the same time every evening so you wake up at the same time. Depending on their age, children need from nine to 12 hours of sleep each night, and teenagers need between eight and 10 hours to feel properly rested.

Here are some tips for creating a productive, focused and energising morning routine.



FIT START
In Japan, millions of people do *rajio taiso*, a short exercise routine, to start their day.



Prepare the night before

The best way to ensure your morning runs smoothly is to prepare for it the night before. Check your timetable and pack what you need for school in your bag. Select books for the correct classes, a PE kit if you need it, and check you have the essentials, like reading glasses or a pencil case. Lay out your uniform ready to put on the next day and if you take a packed lunch, check it's ready in the fridge.

Wake yourself your way

Some people rise very easily, but others take more time to feel awake. Build extra time into your routine if you find mornings hard. If you have an alarm clock, try to get up as soon as it goes off. Doing something right away can help you feel awake – like making the bed. You could also do some stretches as you listen to a song. Or enjoy your favourite breakfast drink as you look out of the window.



Do essential tasks in order

There are a few things you need to do in the morning. To build a routine it can be helpful to do these in the same order each day. Examples are taking a shower, cleaning your teeth, dressing and checking your school bag. You might have others, like helping a sibling get dressed or feeding a pet. If you're forgetful, have a list pinned up so you can check things off as you go. Soon it will become second nature.

Eat a good breakfast

Not everyone feels hungry when they wake, but this changes when you start moving – such as walking to school. After sleep, your body has been without food for a long time. The word "breakfast" reflects this – it's a meal you use to "break" your "fast" (a fast is a period of time where you don't eat). Eating something tops up your fuel tank: foods like bread or porridge provide energy. Have a drink, too.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.



SCAN ME