

# Daily Checklist for National School Backpack Awareness Day

Pack it light, wear it right!



## Let's pack up! Don't forget:

- Snack
- Lunch
- Mask
- Hand sanitizer
- Cell phone
- ChromeBook
- School supplies
- Water

Pack the **heaviest** items closest to your back.



## Put on your backpack.

Make sure it fits like a **rectangle** on your back.



## Does the bag feel heavy?

→ "Yes!"

- What can you take out?
- Are you using both straps?

→ "Nope!"

- If you have all your items, you're good to go!

