



Backpack Checklist



Tool Description

A checklist is a simple solution that could help children to keep track of things that they must have in their backpack each day of the week. Each section can be customized and put into clear luggage tag (example below) that can be attached to the backpack's zipper pull.

What is the challenge the tool can solve?

Having dyspraxia is like finding yourself in a room that is constantly moving. Youngsters find it very tricky to gain organizational and planning skills necessary in everyday life. Most of dyspraxic children have difficulties adapting to unpredictable situations and keeping things in order. Therefore, getting ready for school is a challenge as there are different subjects which require to repack the backpack everyday.

Short term memory is not their strongest asset. It may happen that the dyspraxic child will forget things, pack what is not needed or lose some of their items. This causes a lot of stress and often unexpected costs of lost school equipment.

What are the benefits for Dys persons?

To ease anxiety before preparing for another school day, the simplest and most straightforward ideas will often make a difference to the quality of life. Creating a habit of making a checklist will strengthen planning skills for the future.

Having a checklist for everyday also eases the stress of finishing the day at school and remembering what was in the backpack at the beginning of the day.

Example of use in daily life

TUESDAY

- lunch/water bottle
- homework
- books for mathematics and biology lesson
- house keys
- charged phone

MONDAY

-
-
-
-
-
-

TUESDAY

-
-
-
-
-
-

Example of backpack tag:



They can be plain, they can be colorful, on the reverse they can be decorated with your child favorite book/comic/cartoon character – it's up to your imagination. You can also prepare different color tags for different days of the week.

The project is funded with the support of the European Commission. This publication is the sole responsibility of the author and the Commission is not responsible for any information contained therein.