

How to... Pack your school bag

Packing your bag ready for a new school year – and perhaps a new school altogether – can be fun and exciting but also a challenge.

It's a good idea to get into the habit of packing your school bag properly at the start of term. If you're starting secondary school, you might find you have more books to carry around than you're used to, so packing becomes an even more important skill. Nobody wants to waste time searching for things in their bag. If you have to empty it every time you need to find your pencil case, it could be time to rethink how you pack. Putting together a school bag correctly can help you get organised and be properly prepared for your lessons. It also ensures that your bag is comfortable to carry.

Follow the steps below to make sure that your school bag is ready to go when you are.



FULL KIT
Japanese primary school pupils use a backpack called a *randoseru*. It was modelled on bags used by soldiers.



Lay out all your items

Pack your bag the day before you need it, so that you don't have to do it when you're rushing in the morning. Think about what you need to take to school the next day – write a list if it helps – and then you can start to gather the items ready to pack. Decide what you'll need for each lesson, as well as the things you might want (a book to read when you're waiting for the bus) or that you need (medicine).

Group things together

To make it easier to find things when you need them, try grouping items so that you can pack them together in one place. You could even put some items in another, smaller bag. For example, put all your stationery, such as pens, pencils and erasers, in a pencil case. Then put personal care items – a hairbrush, hair ties, medicines and tissues, for example – in a small bag or container.



Pack smartly

How you pack is important. For example, heavy items like big books should be at the bottom rather than the top, so you don't crush more delicate things underneath them. Things that you will need to use often or grab quickly – such as reading glasses or an inhaler – should be at the top or in a separate, easy-to-access pocket. Leave room for any additions in the morning, like a packed lunch.

Check how it feels

Once you've finished packing, close your bag securely and try it out. It should feel comfortable to wear or carry. If you have a backpack, make sure you have both straps on and that the weight of the bag feels evenly spread out. If one shoulder feels like it's taking more strain, check that the straps are an even length. Is anything poking into your back? If so, you might need to move things around.



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

31 August 2024 • The Week Junior



25