

# At-Home Strategies

## **Getting Ready in the Morning (initiation, sustained attention, working memory)**

- Create a checklist
- Pack bag/belongings the night before

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## **Completing Chores (initiation, working memory, attention, organization)**

- Create a checklist of items that need to be completed
- Decide when a chore will be done
- Divide bedroom into quadrants to simplify task (bedroom organization)
- Provide “After” pictures for cue about how bedroom should look

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## **Homework (initiation, attention, planning, time management, metacognition)**

- Write down all assignments and estimate how much time is needed to complete each
- Use a timer (ex. Time Timer) to monitor time
- Provide breaks- child should work for 20-25 minutes before taking a break

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## **Long-term Projects (initiation, attention, planning, time management, metacognition)**

- Use a planning sheet to break project into smaller steps
- Create deadlines or timelines for each step of project

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**Studying for Tests (initiation, attention, planning, time management, metacognition)**

- Keep a planner or calendar with upcoming tests
- Start a study plan about 5 days prior to test
- Help child organize study materials
- With child, decide which study methods are most effective (quizzing self, highlighting notes, flash cards, etc)
- Mark notes as Red (don't know), Yellow (iffy), Green (know)
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**Organizing Notebooks/Homework (organization, initiation)**

- Designate a place for incomplete and complete homework
- Color code folders
- Use dividers to separate sections in one binder
- Label everything
- Make a time (1-2x/week) to organize notebooks
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**Learning to Manage Emotions and Anxiety (emotional control, response inhibition, flexibility)**

- Talk about triggers- what causes anxiety or temper
- Create a list of replacement behaviors- what can your child do instead
- Practice stress management techniques at home- mindfulness, moments of silence, deep breathing
- For younger students- zones of regulation
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