

Session 6: Afternoon Patterns to Overpower the Time Trickster



The You-Have-Time Trickster

This week, our focus is on developing the skills for the "You-Have-Time Trickster."



Afternoon Patterns

An afternoon pattern is like a combination of a plan and a schedule for kids to use in between when they get home in the afternoon until bedtime. It's made to both help them succeed with their homework and make homework time less stressful for families by teaching kids how to see what needs to be done and make a plan based on how long things usually take.

Creating an Afternoon Pattern: A Step-by-Step Guide

- ☐ Choose a specific time each day to create your Afternoon Pattern. If possible, the more consistent the better. For example, *every day after my 15 minute snack break, I create my afternoon pattern.*
- ☐ Check your calendar and planner to review what activities you may have for the day and any homework that has been assigned.
- ☐ Write down all activities and homework that you need to complete during the afternoon until bedtime.
- ☐ Make sure to add in activities that help you stay on track--like using your launch kit and having wiggle breaks.
- ☐ Add in the estimated times next to each activity: how long will each activity take?
- ☐ What is the best order for your pattern? Try to mix up challenging tasks with easier tasks.
- ☐ What tools will you use to help yourself defeat the time trickster? Reminders? Visual timer? Custom music playlist?

Ideas to Practice

Goals:

- Follow your homework plan
- Complete your planner every day (parents check every day)
- Transfer long-term assignments to the assignment and test calendar/long-term calendar
- Prepare your workspace before you start your work
- Create “homes” for your papers (like folders or digital folders)
- Sort/weed out papers every few days
- Use your backpack checklist to pack your backpack
- Continue to time the following activities until you have a general sense of how long things take:
 - Homework assignment (try three different kinds)
 - Bedtime Routine
 - Morning Routine
 - Getting ready for something fun (for example, going to a friend’s house)
- Create and use an afternoon pattern each day