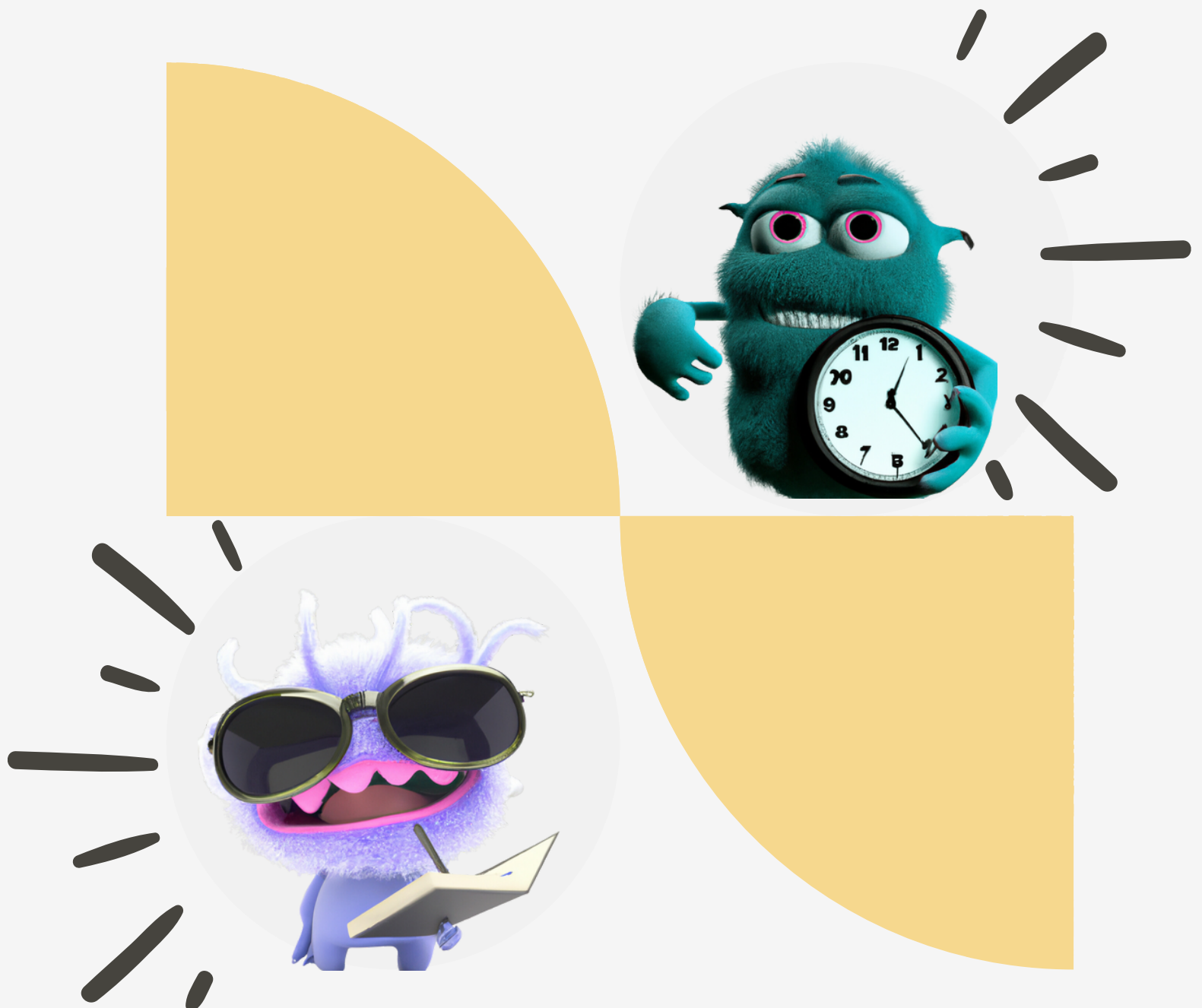


Session 5: Taking Control of Time



The You-Have-Time Trickster

This week we are introducing a new trickster: the You-Have-Time Trickster



This trickster enjoys making it hard for kids and grown-ups to keep track of time. It will say things like:

"Don't worry, you totally have enough time!"

or *"That will take FOREVER!"*

This time trickster also likes to put distracting things near kids and grown-ups. This makes simple tasks take longer than we thought.

Tracking Time

Finding tools that work for us to track time is one of the ways we can keep this trickster from getting in our way. First, we want to learn how long different tasks take. We recommend timing common events, including homework time, getting ready for activities, and general routines.

Next week we will use this information to build routines that can help keep the time trickster from messing with our schedules.

Time Tips

As you work on getting a better sense of how long different activities take, consider using the additional tools below to make sure both you and your child can easily handle your schedules.

- If your child can read time, place at least one clock in a central location that is easy for them to view
- Many families share that having clocks in multiple rooms can help keep time easier to track
- Use timers and reminders to stay on track
- Avoid tasks that steal time (e.g. screen time, exciting games) in the middle of important tasks
- Try using different ways to mark time (including a visual timer, or a timed 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
- Time the following activities:
 - Homework assignment (try three different kinds)
 - Bedtime Routine
 - Morning Routine
 - Getting ready for something fun (for example, going to a friend’s house)