

Session 1:

Organizational Skills and Creating a Homework Plan



Introduction

Many children can have challenges with organization, including time management, planning, and keeping track of materials. Organization challenges can sometimes get in the way of kids not reaching their goals, including school, friend, or family goals.

The good news is that there are strategies that can help with teaching kids (and grown-ups) organizational skills by practicing small steps. Over the next 8 weeks, we will practice steps that can help with common tricks that can get in the way of practicing organization.

There are a few common tricksters that can trick is out of practicing organizational skills. These tricksters are based on Richard Gallagher, Howard Abikoff Elana G. Spira's Organizational Skills Training program.

Forget-It Trickster



Lose-It Trickster

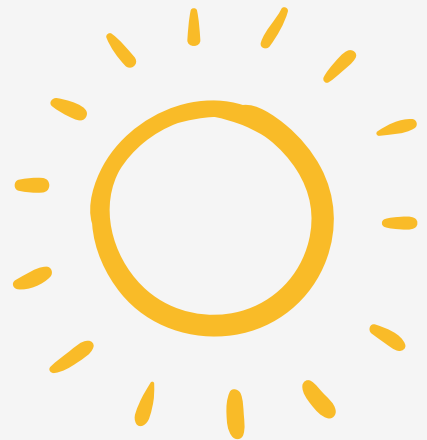


You-have time Trickster



Don't Plan it Trickster

Over the next 8 weeks, we will work together on actions that can block the Tricksters.



Create a Homework Plan

Create a family homework plan that includes the following:

- When?
- Where?
- What else can be done during homework?
- What to do when I have a question?
- When should homework be finished?
- What else?

Try posting this plan somewhere where you can easily see it.

Ideas to Practice

Put the Homework Plan somewhere easy to view

Create a reward/point system around following the Homework Plan every day.