

Session 7: The Don't Plan it Trickster



Don't Plan It Trickster

This week we are learning about the Don't-Plan-It Trickster.



Task planning helps us to defeat this trickster by breaking down a project or action into steps.

Here is a checklist that helps you break down bigger goals into steps, and take action toward your goal:

- ☐ What stuff do you need?
- ☐ What steps do you need to take?
- ☐ How long will each step take?
- ☐ What is the order?
- ☐ Add steps to your long-term calendar

Decide with your homework team when you are going to complete task planning.

Here is a [helpful checklist](#) you can use for morning, at school, and after school.

Ideas to Practice

Goals (kids earn points/rewards for):

- Following the homework plan
- Writing assignments in the planner every day (parent will check every day)
- Transferring long-term assignments to the calendar
- Preparing your workspace (launch kit and distraction bucket)
- Creating a sorting system to put papers in their home
- Weeding out papers every few days (with parent help)
- Using your backpack checklist to pack your backpack
- Continue timing the following activities until you get a sense of how long things take:
 - Homework assignment (tip: try timing different types of assignments, time each type of assignment 3 times)
 - Bedtime routine (tip: try timing the routine multiple times this week)
 - Morning Routine (tip: try timing the routine multiple times this week)
 - Getting ready for something fun (e.g., going to a friend's house)
- Creating and using an afternoon pattern every day
- Using your "check again checklist" for homework