

Cues on Cards

Work with the child to identify situations in which distractibility causes the most problems (e.g., settling into class, starting homework). Use an index card or the cards below to identify tips or "cues" to help the child be more successful at these tasks. The child may carry these cards in their pocket and review them before beginning these challenging tasks.

Starting Class

1. Stretch or shake out and take a seat.
2. Get out necessary books and pen.
3. Stay seated.
4. Raise hand before participating.
5. Repeat stretching or squeezing a stress ball as needed.
6. Imagine a quiet place and focus on learning.

Starting Homework

1. Set up quiet homework space with necessary books and pens/pencils.
2. Wear headphones if needed.
3. Choose which homework task to do first.
4. Take breaks to move or get a drink every 15 min. (Set timer if needed.)
5. Review homework to be sure all tasks are completed.
6. Place homework in backpack.

What are the identified problem tasks?

Was the child able to conceptualize the smaller steps needed to be successful in the larger task?

Were you helpful in offering support as the child thought through this activity?

Routinely check in with child to see if these cards are being used and are helpful.