



# PLANNING & PREPARING

helps kids decide what they need to do and how they're going to do it. When kids plan and prepare, they have an easier time starting and finishing assignments.

## *Ways to Build this Skill*



### **Ready Routine**

As you get ready to go out, make a list of the things you'll need. Ask your child to gather the items and put them in a bag. Check the items together.



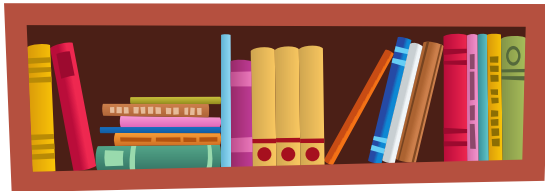
### **Make a Meal**

As you make a meal, talk about what you'll be making. List all the ingredients you need. Invite your child to help you gather them. You might ask your child to help prepare the meal too.

# ORGANIZATION

helps kids keep track of their school supplies and belongings. Knowing where things are helps kids to be more independent too!

## *Ways to Build this Skill*



### **Clean by Category**

Cleaning up and organization go hand in hand. At the end of play, ask your child to clean up by category. Offer directions like: "Can you put the books on the shelf? Let's put away everything with wheels. Gather everything that needs to go in the garbage first."



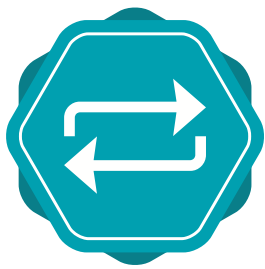
### **Learn with Laundry**

As you do the laundry, ask your child to help sort by color or type. When it's time to fold, invite them to match all the socks or fold and stack the towels.

# ATTENTION & MEMORY

are key for following directions. In school, kids need to be able to focus on what a person is saying, then hold the information in their head, and act on it.

## *Ways to Build this Skill*



### **Play “I Can, Can You?”**

In this game, players take turns adding and repeating movements. The first player starts by doing 1 movement. The next player repeats the movement and adds on 1 more. Players keep adding and repeating until someone misses a movement.



### **Story Share**

Before bed, take turns telling a story. One person starts the story. When they're ready to have someone else add on to the story, they'll say "and then..." For example, "Once there was a dog that loved to swim. He saw a giant mud puddle and then..."

# TIME MANAGEMENT

skills help kids start and finish a task in a reasonable amount of time. Young kids can work on building an understanding of time, while older kids might work on how to use time efficiently.

## *Ways to Build this Skill*



### **Play “Beat the Clock”**

Set a timer before doing a task like cleaning up or getting ready to leave. Have 10 minutes to get out the door? Challenge your child to “Beat the Clock.” Can they do all the things they need to do to get ready before the timer goes off?



### **Time a Task**

Before your child begins a chore like clearing the table, ask them to think about all the parts of the task. Then ask, “How long do you think it will take?” Time the task. After, check in with your child. Did it take more or less time? Talk about why.

# FLEXIBLE THINKING

helps kids understand there is more than one way to do something. Building this school super skill helps kids solve problems and work with others.

## *Ways to Build this Skill*



### **Make an Imagine Box**

Fill a cardboard box with items that no longer get worn or used. Add in interesting empty food cartons or containers. Encourage your child to create anything they can imagine with items in the Imagine Box.



### **3 Ways**

As you tuck your child in bed, invite them to come up with 3 different ways to say goodnight. Try each one! On another day, try 3 different ways to say good-bye or hello.

# SELF CONTROL

is key for helping kids manage their emotions and impulses. As kids develop self-control, they get better at taking turns, sharing, and calming down. It also helps kids to stop and think before they act.

## *Ways to Build this Skill*



### Freeze Dance

After a meal, have a dance party and freeze dance! One person gets to be the "DJ." When the music plays, everyone dances. When the DJ stops the music, everyone must freeze. Try it for a whole song. For more fun, try moving like animals instead of dancing.



### Take 5

The next time your child is frustrated, help them "Take 5." Can your child take 5 slow deep breaths or do 5 big jumps? After your child does a "Take 5," ask them to tell you about the problem. Help them think of one way to solve it.