



Choice Tools for Managing Complex Schedules

Navigate common scheduling challenges and frustrations using the Home Schedule Breakdown and Home Choice Board included in this resource. You'll increase safety, cooperation, confidence and success in your home.

Sometimes children feel overwhelmed or frustrated by a full daily schedule or tasks they aren't thrilled about undertaking. This printable contains two tools to help children navigate a variety of daily scheduling challenges, including schoolwork. These tools scaffold children's emerging executive skills, and help increase predictability (safety), cooperation, confidence and success.

This printable, developed by educator and coach Katie Ahearn, includes two full-page templates and activity cards to cut out. The cards can be used interchangeably with both full-page templates, and each template has a specific function.

HOW TO USE

The Home Schedule Breakdown helps divvy up the full day's schedule into bite-sized pieces. It is organized into a simple "first" and "then" chronology. Sometimes a full day's schedule feels overwhelming. A child who struggles with a 15-item schedule of things he must accomplish will find relief in having portions of his schedule broken into a manageable first/then structure.

Sometimes children struggle with doing a certain activity. These children will benefit from using the first/then structure to show what they will do after the difficult task. If social studies is a challenge, you would place "Social Studies" in the "first" position and a more enjoyable activity like "free play" in the "then" position. Knowing that the difficult task has a

finite end and that a more enjoyable activity will follow helps reduce stress and increase compliance. When using this structure, it is imperative that you state the first/then chronology matter-of-factly so the second activity isn't perceived as a reward or bribe. Rewards and bribes prevent the development of intrinsic motivation and reduce access to the "thinking brain" Executive State.

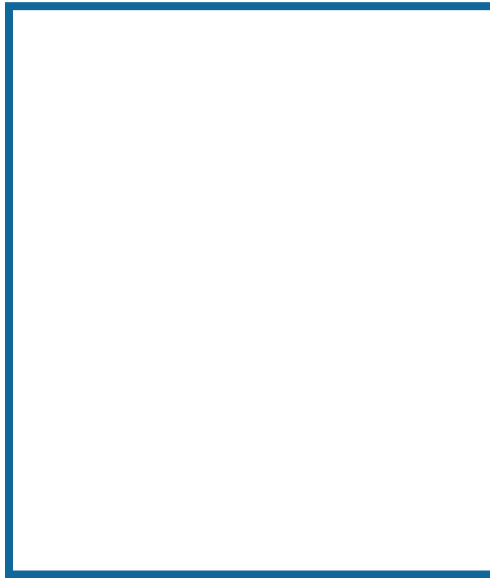
Sometimes a child might have a hard time waiting to do a certain activity. A child who often wants snacks, for example, will benefit from seeing that first he will complete his schoolwork, and then he can have snack time. Similarly, if getting dressed is a challenge because a child wants to rush in to watch morning cartoons, you would place "get dressed" in the first position and "T.V." in the second position.

The Home Choice Board reduces power struggles by offering two positive choices to children. Two positive choices zero kids in on tasks they *can* do. To use the Home Choice Board, first think of two activities that would be acceptable. Put one activity in each box. The child will then choose which activity to conduct. If it is learning time, you might put Social Studies in one box and Writing in the other. Eliciting a choice fosters an optimal learning state and allows children to exert some control over their learning time, which instills a sense of responsibility and ownership in the endeavor.

Stronger together. You can use these boards together in order to maximize children's success in reaching their goals. First, present the child with two positive choices via the Home Choice Board. Then move to the Home Schedule breakdown, placing the child's choice in the "First" position. Let's say a child needs to practice writing and sight words. You would put the "writing" and "sight words" choices on the Home Choice Board and say, "You can do writing or you can do sight words first. Which is better for you?" Once the child chooses—let's say he chooses "sight words"—you would then move over to the Home Schedule Breakdown, putting the child's choice in the first position and the non-choice in the second position. "You chose sight words! First, you will do your sight words. Then, you will practice your writing."

Home Schedule Breakdown

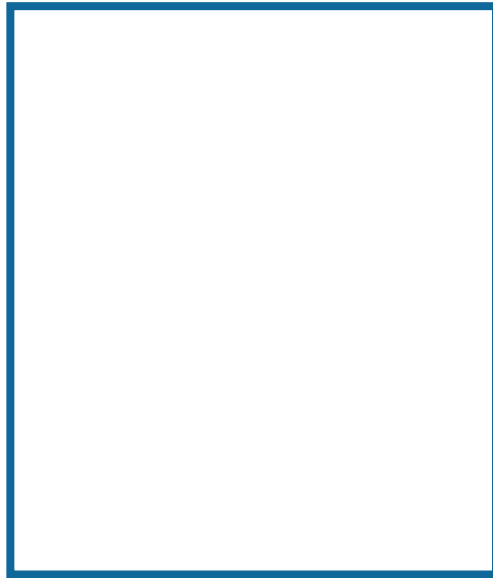
First

A large, empty rectangular box with a blue border, intended for writing the first activity of a home schedule.

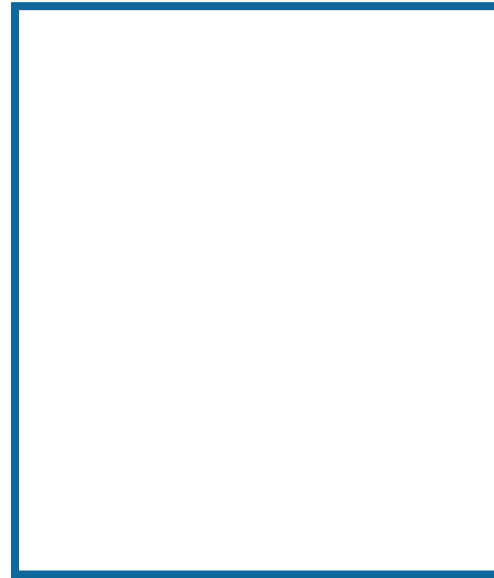
Then

A large, empty rectangular box with a blue border, intended for writing the second activity of a home schedule.

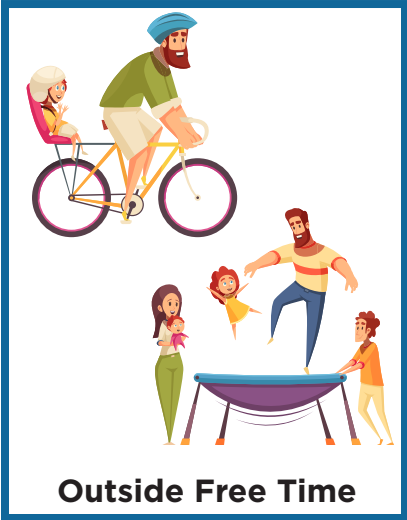
Home Choice Board



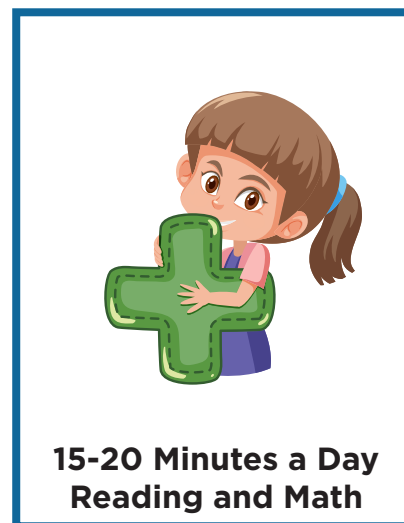
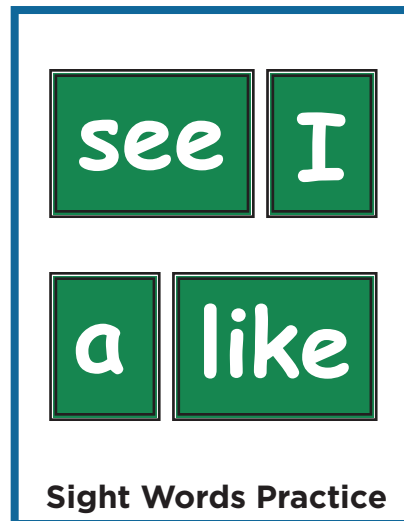
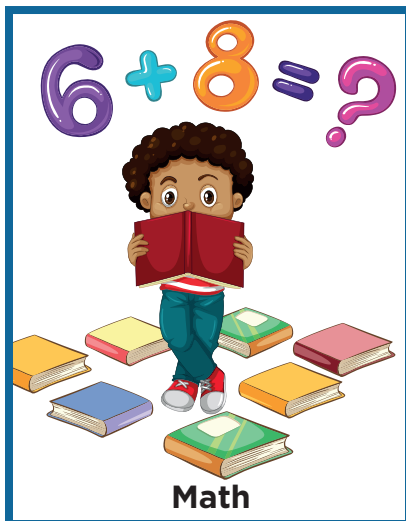
or



Choices for School Schedule



Choices for School Schedule



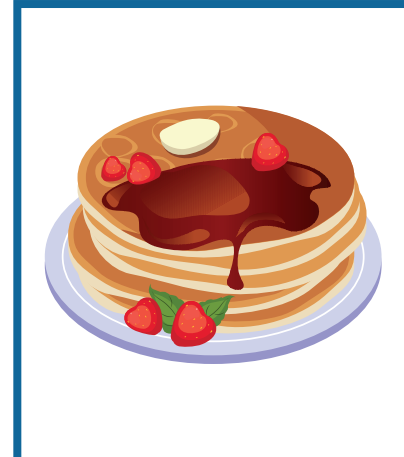
Choices for Daily Schedule



Wake Up



Get Dressed



Breakfast



Brush Teeth



Brain Smart Start



Indoor Playtime

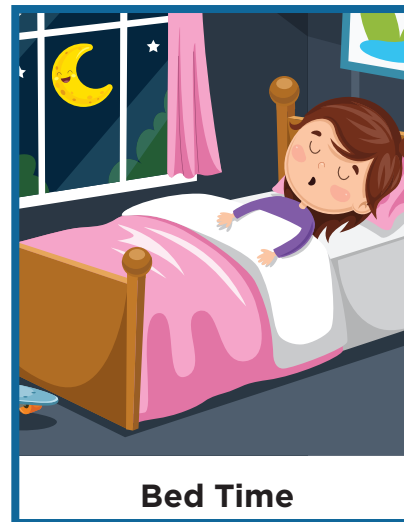
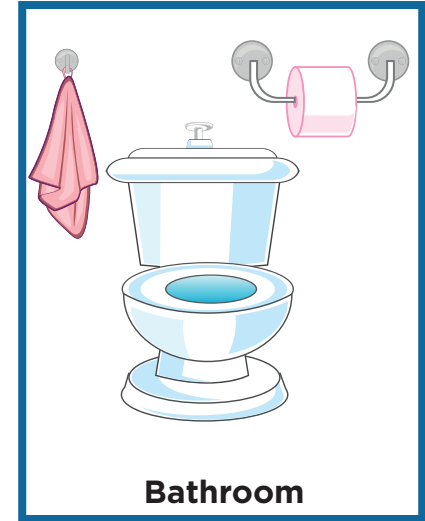


Craft Time



Outdoor Playtime

Choices for Daily Schedule



Choices for Daily Schedule



Brush Teeth



Bedtime Story



Go to Sleep

's Learning Routine	
1. Brain Smart Start (5-5 minutes)	Unite, de-stress and connect by Commit: I'm going to
2. First subject/activity (10-20 minutes)	
3. Brain break (2 minutes)	Move and/or connect by
4. Second subject/activity (10-20 minutes)	
5. Brain break (2 minutes)	Move and/or connect by
6. Third subject/activity (10-20 minutes)	

Way to go! You did it!

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Learning Routine



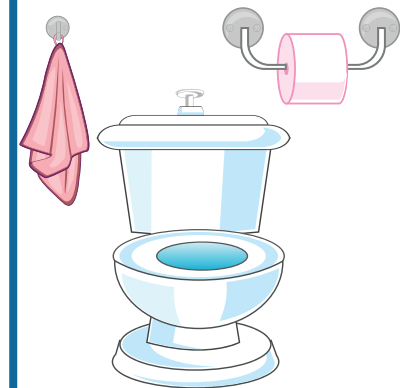
Snack Time



Learning Time



Outdoor Time



Bathroom

Choices for Daily Schedule

