

Skills Used: It is not uncommon for an active child to have a difficult time staying on task. This activity will help break down a task into small manageable steps so that the child can easily take a task from start to finish!

Example: If your child has a hard time cleaning their room, you can break it down into steps and a final goal. The final goal can be a completely clean room. Then, work with your child and create steps on how this can be accomplished. Step one may be picking up all their clothes off the floor. Step two may require them to put all of their toys away. Step three could be making their bed. By having steps, the child knows what the end goal is, but they are able to go step by step to accomplish the goal without being distracted or overwhelmed.

Materials Needed: A writing utensil and something to write on.

Directions:

1. Start by writing the end goal on the bottom of the page.
2. Next, begin writing "step 1", "step 2", "step 3", and so forth for each step leading up to the end goal.
3. Discuss the end goal with your child(ren).
4. After you child knows the end goal, have them write a sentence or draw a picture for each step to describe it and how they will accomplish it.
5. Encourage the child to visualize themselves doing each step along the way.
6. Be flexible, you may find that the child can reach the goal in fewer steps, or that they may need to add in more steps. That is perfectly okay! We want to create a method that works for them.
7. Be creative! This can be done as a list or a flow chart. You could even create a "treasure map" where the end goal is the buried treasure and they need to make a stop at each step in order to get to the goal!

