

Activity
Get Rid of the Clutter

Purpose: Organize and prioritize tasks.

Instructions to child:

Parent: Sit comfortably, eyes open or closed. Take a couple of big breaths.

(Pause)

Imagine yourself doing your homework. What do you notice?

Child: I'm sitting there surrounded by homework everywhere. Math, spelling, science—so much stuff, it's awful. It makes my head hurt.

Parent: Wow, it sounds like a mess. Take a few slow breaths, in and out.

(Pause)

Parent: What would you like to do with this mess?

Child: Get rid of some of it.

Parent: How can you get rid of the stuff?

Child: I'll put it in trash bags. Math in this one, spelling in that one, reading here ...

Parent: Great, how about numbering the bags. That way you can take the bags that are most important and put the other bags away. How does that sound?

Child: OK.

(Give time for him to imagine doing that.)

Parent: Let's start with the "bag" that should be number one. Now, continue on with working the next "bag," number two. And continue on until all the mess is cleaned up.

Child: I'm done.

Parent: Very good. How do you feel now?

Child: Not so crazy!

Parent: Nice. Gently open your eyes. Now it's time to start your homework. Start with "bag number one." (Then continue through each subject).