My stretch

This page is for you, and you can skip it if you like. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

My job

A job I often wander away from:

_____

My steps

1. I pick a job I often wander away from.
2. My grown-up and I agree on a short stretch of time.
3. I stay with the real job until the timer ends. If my grown-up reminds me once, it can still be Yes. If I need two or more reminders, it is Almost.

   If I can't stay for my stretch, we make it shorter once. If I still can't, that's okay. We stop for today and try again tomorrow, and I circle Not yet. Tomorrow I start with the shorter stretch.
4. When the timer ends, my grown-up and I check. Did I stay with the job for my whole stretch?
5. If we both say Yes, next time we can add a little time. If we say Almost or Not yet, my stretch stays the same. If I finish the job before the timer, that's a Yes. Next time we pick a slightly bigger job.

Name _____ Date _____

My check

Each day I practice, I write my stretch, then circle one.

When my grown-up and I circle the same answer three practice days in a row, even if it's Almost, I start checking on my own. A day I don't practice is skipped.

Day 1. My stretch: _____ minutes

Did I stay with the job for my whole stretch? ○ **Yes** ○ **Almost** ○ **Not yet**

Day 2. My stretch: _____ minutes

Did I stay with the job for my whole stretch? ○ **Yes** ○ **Almost** ○ **Not yet**

Day 3. My stretch: _____ minutes

Did I stay with the job for my whole stretch? ○ **Yes** ○ **Almost** ○ **Not yet**

Day 4. My stretch: _____ minutes

Did I stay with the job for my whole stretch? ○ **Yes** ○ **Almost** ○ **Not yet**

Day 5. My stretch: _____ minutes

Did I stay with the job for my whole stretch? ○ **Yes** ○ **Almost** ○ **Not yet**

☐ **All done**