Kaizen, small steady improvements

This worksheet is optional. If you'd rather do the check out loud with your child, that works just as well.

Name _____ **Date** _____

Kaizen is a Japanese word that means improvement, and here it means getting better a little at a time.

Part 1: Set up the practice

In a calm moment, I will ask, "What makes this job hard to start?" When my child stops, I will ask, "**Anything else?**"
The job my child often puts off:

My child's reasons it's hard to start:

Then I will ask, "What would be better for you once this job is started?"
My child's own reason:

The smallest first step we picked together:

Part 2: The words to say

When it's time for the job, I will ask:

"What is the smallest first step?"

Then I will say:

"Start that within a minute or two."

After the first step, I will say:

"You started. You can stop after this step, or you can keep going if you want to."

I won't add the next step in the same breath.

Right after, I will ask:

"Did you start your smallest first step within a minute or two?"

My two lines don't count as reminders. One extra reminder still counts as yes. Two or more reminders, or a later start, count as almost. Stopping after the first step still counts as yes. When my child starts the same first step easily for a few days, my child can pick a first step that is a little bigger.

If no step happens, I will make the step smaller once, or offer two tiny steps to pick from. If it still doesn't happen, I will stay warm and say, "That's okay. We'll try again tomorrow." Tomorrow, we will start with the smaller step.

Name _____ Date _____

Part 3: Track the check

Each day you practice, write the first step. Circle your child's answer, then circle what you saw.

Day 1. The first step: _____

My child's answer: Yes Almost Not yet
What I saw: Yes Almost Not yet

Day 2. The first step: _____

My child's answer: Yes Almost Not yet
What I saw: Yes Almost Not yet

Day 3. The first step: _____

My child's answer: Yes Almost Not yet
What I saw: Yes Almost Not yet

Day 4. The first step: _____

My child's answer: Yes Almost Not yet
What I saw: Yes Almost Not yet

Day 5. The first step: _____

My child's answer: Yes Almost Not yet
What I saw: Yes Almost Not yet

When your child's answer matches yours for three practice days in a row, your child starts checking on their own, and you look in now and then. Three days in a row is a choice this course makes.

- If you both mark almost, that counts as a match.
- Only days your child tried the first step, even partly, count toward the three days.
- A day with no try, or a day you both mark not yet, is skipped. It doesn't start the count over.
- Only a day when your answers don't match starts the count over.

Remember
A finished week is the video plus one real practice. Here, that means one smallest first step, checked with your child. Repeating a week is normal.

This week's note

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_____

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