Section 9

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 plan

What makes it hard when a grown-up picks the job and the words:

_____

What would make a plan feel like mine:

_____

My steps

1. I help pick the job we will practice, from two real choices.
2. I help pick the reminder my grown-up will use. My reminder can be words or a quiet signal.
3. When the moment comes, I listen for that reminder.
4. I do the job we chose.
5. Then we check. Did I pick the job and my reminder, and start when I heard it?

If my grown-up reminds me once, it can still be Yes. If I need two or more reminders, do only two of the three parts, or repeat a reminder my grown-up said first, it is Almost.

If I do not pick, my grown-up picks one of the two choices and says I can pick next time. If I still start when I hear the reminder, that day is Almost. If I do not start, it is Not yet. A day with no try is skipped. A day we both circle Not yet is skipped too.

When my grown-up and I circle the same Yes or Almost three practice days in a row, I start checking on my own.

Name _____ Date _____

My check

Day 1. The job we chose: _____

The reminder I picked: _____

Did I pick the job and my reminder, and start when I heard it?

○ Yes ○ Almost ○ Not yet

Day 2. The job we chose: _____

The reminder I picked: _____

Did I pick the job and my reminder, and start when I heard it?

○ Yes ○ Almost ○ Not yet

Day 3. The job we chose: _____

The reminder I picked: _____

Did I pick the job and my reminder, and start when I heard it?

○ Yes ○ Almost ○ Not yet

Day 4. The job we chose: _____

The reminder I picked: _____

Did I pick the job and my reminder, and start when I heard it?

○ Yes ○ Almost ○ Not yet

Day 5. The job we chose: _____

The reminder I picked: _____

Did I pick the job and my reminder, and start when I heard it?

○ Yes ○ Almost ○ Not yet

☐ **All done**