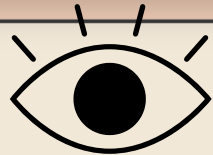


Bee READY (Executive Skills)

How to Start a Task

1-page quick tool

 **Regulate:** take a deep breath or push hands on table



SEE

Show your child first

Say:

"First, I start."

Then model:

- look at the task
- say "I can do one"
- do just 1 small part

Example: write 1 word
pick up 1 toy
(wait 5–10 seconds)

Don't tell them. Show them.



TRY

- Say "you try one"
- Help if needed
- Start together



DO


Use in real life

- schoolwork
- cleaning
- chores
- getting dressed



REFLECT

Did it work?

-  Yes
-  Almost
-  Not yet

