

FIRST THIS,
THEN THAT:
Teaching Kids to
PLAN & GET ORGANIZED

Turn big tasks into steps.
 Build systems that stick.

If you look at the whole staircase, it feels too tall to climb. Find the **first step**, then the next, and you can get all the way to the top.



- BIG TASK. BOOK REPORT**
- 1. Choose a book
 - 2. Read and take notes
 - 3. Jot three ideas
 - 4. Write the first paragraph
 - 5. Edit and finish

ONE STEP AT A TIME

A PLAN TODAY, SUCCESS TOMORROW

A big job is like a staircase. Planning breaks it into steps. Organization helps you find your way.



1 SEE THE BIG PICTURE

2 BREAK IT INTO STEPS

3 PUT IT IN ORDER

4 USE A SYSTEM

5 CHECK, ADJUST & KEEP GOING!

BRING IT TO LIFE: IDEAS BY AGE

AGES 3-5

- Picture routines
See the steps.
- First, then
The order of steps is the seed of planning.



AGES 6-8

- Make the checklist
Check off = success!
- A home for everything
Decide where things live.



AGES 9-12

- Backward from the deadline
Plan like a pro.
- Plan the week
Own your time, own your week.



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 Psychologist for Parenting

Understanding minds. Strengthening connections.

★ TRY THIS TONIGHT:
 Pick the one routine that falls apart most and build a short checklist for it together. Let your child check off each step tomorrow. The list carries the load... not you.

SYSTEMS TODAY, CONFIDENCE FOREVER.

SMALL STEPS, BIG WINS.