

Ready for tomorrow

A five-minute planning activity for a child and parent or carer. Choose three small preparation jobs that fit your household. Use words or drawings; an adult checks the essentials.

1. Pick three manageable jobs together

For example: put the book bag in its place, choose clothes, or check tomorrow's school list together. Use your school's actual requirements.

My job

Help I may need

1.

2.

3.

2. Choose one job to try myself

I will try: _____ First, I need to: _____

Adult prompt: ask "What comes first?" and allow a pause. Offer a clue or do the first step together if needed. There is no race or score.

3. Give things a home

Where will the prepared items wait so we can find them?

4. Notice one success

Ask: "What did you manage? What help would you like next time?"

Keep it realistic: begin with one job if three feels too much. Adults remain responsible for checking what is needed. This is a shared plan, not a test of being able to do everything alone.

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