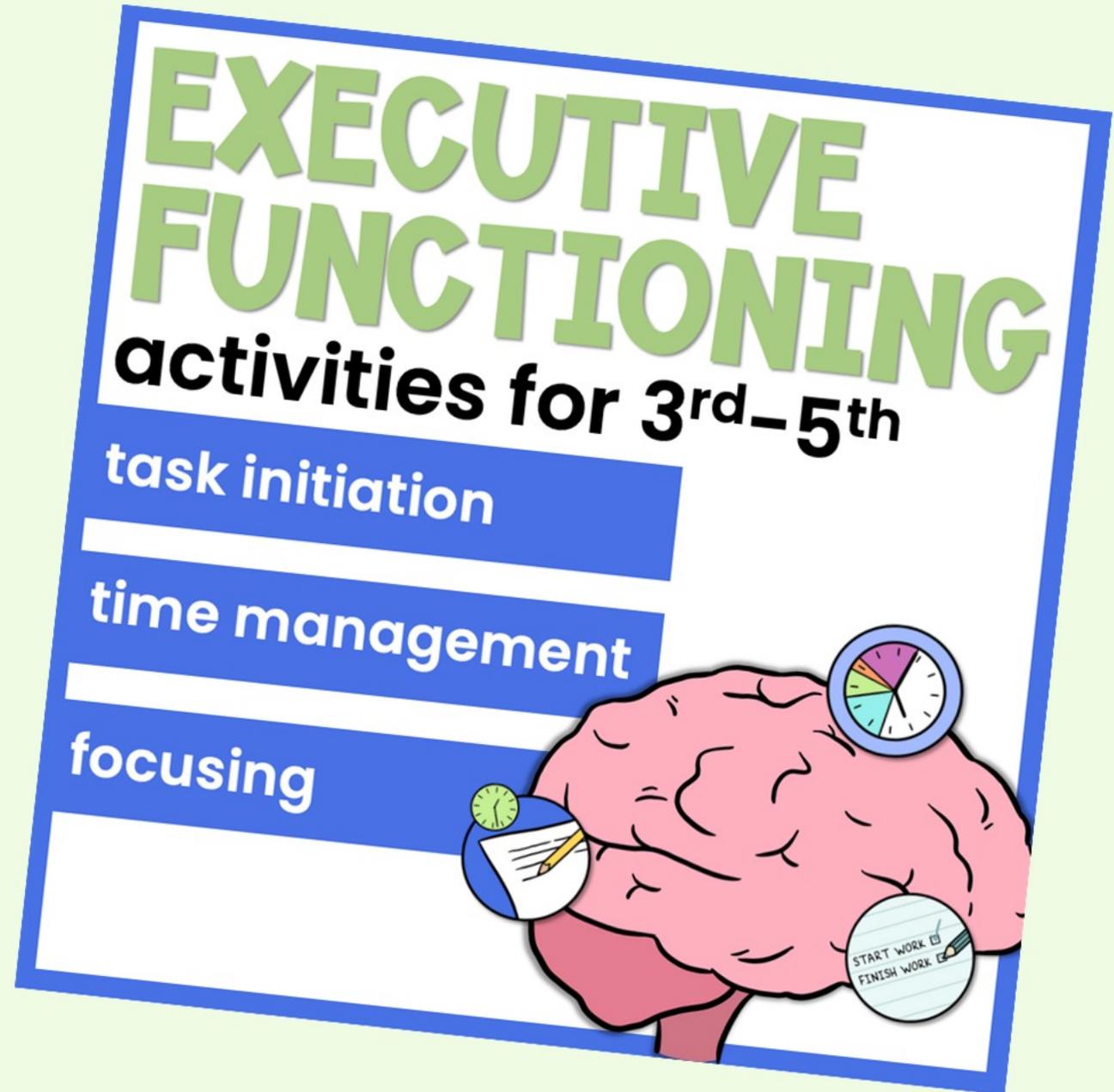


✓ For **3rd-5th** graders who struggle with **task initiation, time management, or organization**

✓ Low prep, **hands-on** activities

✓ Lots of **flexibility** – use in class lessons, small groups, or individual sessions



what's included?

Clear, step-by-step instructions

Built in discussion questions

task initiation

Objective: Students will learn what task initiation means and practice using strategies to help them get started when they feel stuck.

ASCA Student Standards:
M4 - Self-confidence in ability to succeed
M5 - Belief in using abilities to their fullest to achieve high-quality results and outcomes

CASEL Competencies:
Self Management, Responsible Decision-Making

Prep

- Print the Task Initiation **Booster Cards** and **Barrier Cards** double-sided (or single-sided, skipping the decorative card fronts, if preferred)
- Cut out the cards before the session
- Optional: laminate for reuse

Step 1: Introduce the Concept

- Explain that **task initiation** means getting started on something, even when it's hard, boring, or you're not in the mood.
- You might say something like: "Sometimes our brain knows what to do, but it's hard to press the start button. That's when we need strategies to give it a boost."

Step 2: Teach the Strategies

- Lay out or hold up the **Booster Cards** one at a time.

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Opportunities for skill practice that are both meaningful and fun

Reflection prompts

task initiation activities



- Task initiation booster strategies help students learn how to get started even when it's hard
- Matching task initiation barrier cards to booster strategies gives students an opportunity to practice applying skills in real world scenarios

time management activities



- Students learn time management strategies to help them stay on track and meet their goals
- The Beat the Clock board game allows students to apply what they've learned in a fun, hands-on way as they race to arrive at school on time.

focusing activities

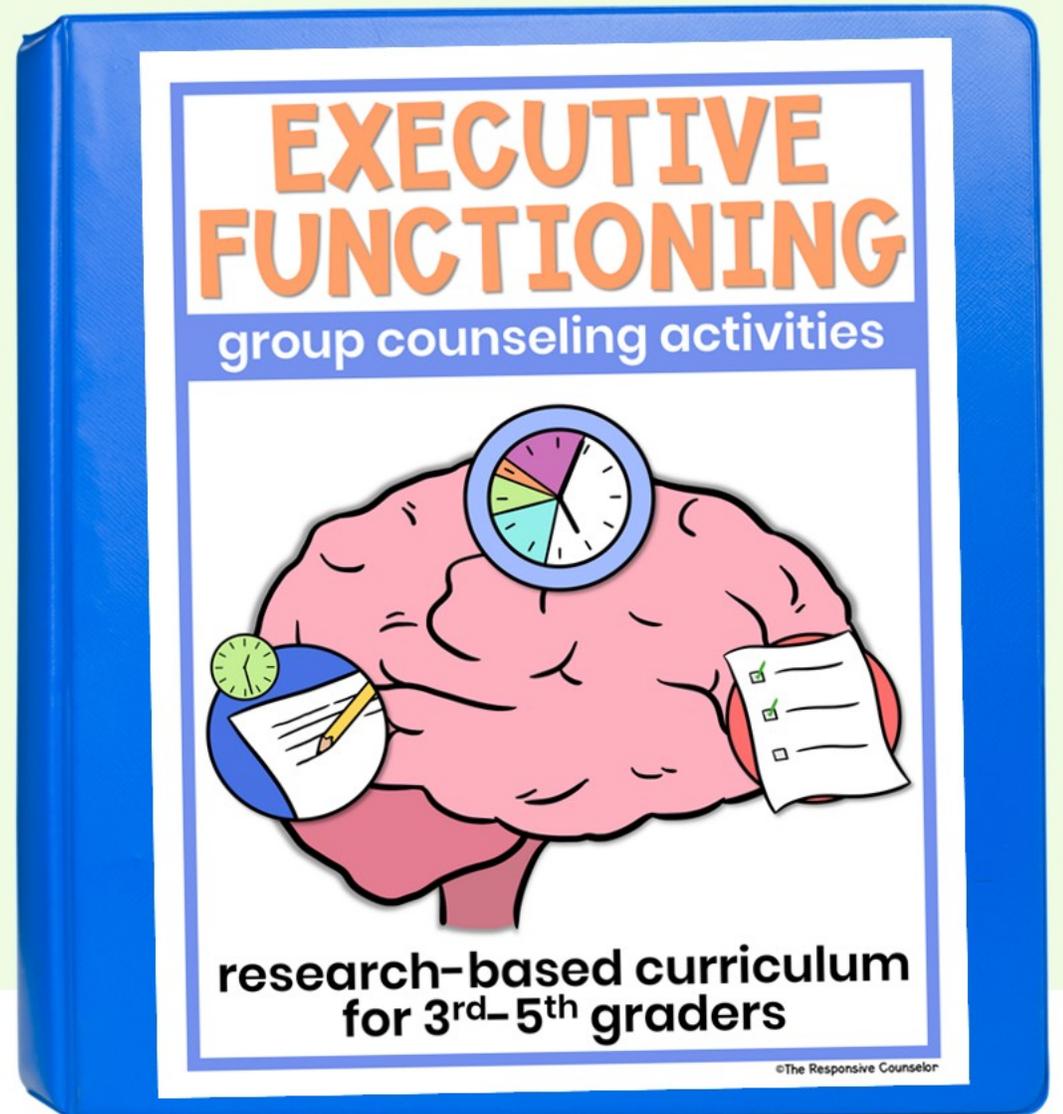


- Students learn strategies to manage external and internal distractions and stay on task
- By connecting strategies to real-life situations, students practice figuring out what helps them focus when it matters most.

group curriculum

These activities – and many more – are also included in the Executive Functioning Group Counseling Curriculum!

Find the link in the description for this resource.



Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

B.A. from Michigan State University

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M.Ed. From Vanderbilt University

Human Development Counseling:
School Counseling & Mental Health

experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



let's connect:

