THRIVE EMERGE

Worksheet: Planning Demand-Lite Days

This worksheet helps reduce stress and resistance by breaking tasks into the smallest possible steps and surrounding them with choice, flexibility, and support. The goal is not to "get everything done," but to create one successful experience of starting and finishing a task in a demand-lite way.

Use this to plan one task this week.

1) Pick one task

☐ School email
☐ Shower
☐ Room tidy
☐ Appointment call
☐ Homework chunk
☐ Other: _____

2) Define the *minimum viable step*
Example: "Open the email app." (not "write and send the email")

3) Choose supports (check 3 max)

☐ 5-minute try → review

☐ Body-double (sit nearby)

☐ Visual timer (5–10 min)

☐ Script/Template ready

☐ Sensory support (water/ice/popsicle/stretch)

☐ Choice A/B or skip token

☐ Teach-back ("What's step one?")

4) Transition plan

- Start time window (a window of acceptable start times instead of setting a rigid start time) _____
- Advance notice: ☐ night before ☐ morning of ☐ 10-min prior
- Restart cue (specific signal, word, or ritual that helps the child re-engage if they're interrupted, distracted, or take a break) _____

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5) Micro-reward or relief after

☐ 10 minutes of game/video ☐ Snack
☐ Short walk ☐ Text a friend

6) Debrief (2 minutes)

- What helped? _____
- Next step for next time: _____

Parent self-check during task

☐ My voice is slow/neutral

☐ I validate, then invite one step

☐ I stop at success; I don't pile on