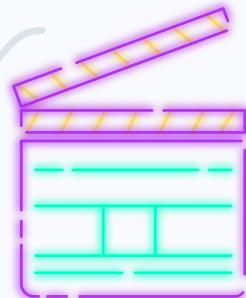


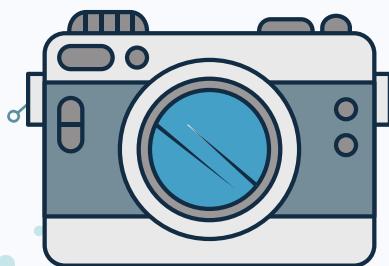
Visualize self
doing task from
start to finish.

Ask your child
what helps them
learn? Pictures,
moving, doing...



Act it out!
Practice again
and again!

MINDFULNESS TOOLS FOR REMEMBERING



Take a picture of
the end result or
draw it. Create a
picture of being
ready.



Draw out task in the
form of a map. How
to get from start to
finish.