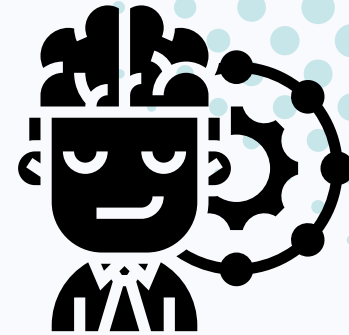


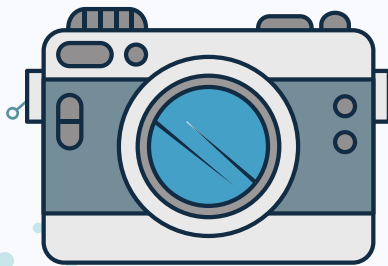
**Act it out!
Practice again
and again!**



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



**Visualize self
doing task from
start to finish.**



**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.**

**MINDFULNESS
TOOLS FOR
REMEMBERING**