

First, Then

Clean your room: 1. Books on the shelf. 2. Clothes in the basket. 3. Toys in the bin.

Brain note: a big mess looks smaller once the brain sorts it into named piles.

First, Then

Homework: 1. Get out one page. 2.

Do question one. 3. Check it. 4.

Pack it away.

Brain note: the hardest part is starting, so
make step one the tiniest one.

First, Then

Pack your bag: 1. Lunch in. 2.

Books in. 3. Water bottle in. 4. Zip
it shut.

Brain note: a packing list frees up memory the
brain needs for other things.

First, Then

Get dressed: 1. Underwear and socks. 2. Bottoms. 3. Top. 4. Shoes last.

Brain note: doing steps in the same order each day builds an automatic habit.

First, Then

Brush teeth: 1. Wet the brush. 2.

Add paste. 3. Brush top, then
bottom. 4. Spit.

Brain note: counting the steps gives a short
job a clear start and a clear end.

First, Then

Book report: 1. Who is in it. 2.
What happens. 3. One part you
liked.

Brain note: three small questions are easier to
answer than one blank page.

First, Then

Tie your shoes: 1. Cross and pull. 2.

Make a loop. 3. Wrap it. 4. Push
through.

Brain note: hands learn moves by repeating
them, not by getting them right once.

First, Then

Set the table: 1. Plates down. 2.
Forks left, knives right. 3. Cups at
the top.

Brain note: a step you can picture is easier to
remember than a rule.

First, Then

Take out the trash: 1. Tie the bag.
2. Walk it out. 3. Put a new bag in.

Brain note: finishing any step, even a tiny one,
makes the next one feel easier.

First, Then

Say sorry: 1. Name what you did. 2.

Say sorry. 3. Ask how to make it
better.

Brain note: knowing the words ahead of time
makes a hard moment less scary.

First, Then

Join a game: 1. Watch for a bit. 2.
Stand close. 3. Ask: can I play too?

Brain note: watching first tells the brain the
rules, so asking feels safer.

First, Then

Ask for help: 1. Find the stuck part.

2. Raise your hand. 3. Say what
you tried.

Brain note: naming the stuck part turns a big
worry into one small question.

First, Then

Bedtime: 1. Pajamas on. 2. Teeth
brushed. 3. Book picked. 4. Lights
low.

Brain note: a same-order routine tells the
body it is time to wind down.

First, Then

Long worksheet: 1. Fold it in half.
2. Do the top half. 3. Break. 4. Do
the rest.

Brain note: a page looks smaller to the brain
when only part of it is showing.

First, Then

Practice: 1. Timer for ten. 2. Warm up. 3. One hard bit. 4. One fun bit.

Brain note: short practice done often builds memory better than one long push.

First, Then

Make your bed: 1. Pull the sheet flat. 2. Blanket up. 3. Pillow on top.

Brain note: an easy first win makes the next task feel more doable.

First, Then

Out the door: 1. Shoes on. 2. Coat on. 3. Bag on your back. 4. Go.

Brain note: a rushed brain forgets, so let a short list do the remembering.

First, Then

Put away laundry: 1. Socks in one pile. 2. Shirts in another. 3. Drawer by drawer.

Brain note: sorting first means the brain makes one choice instead of many.

First, Then

Feed the pet: 1. Food in the bowl.
2. Fresh water. 3. Put the food bag
back.

Brain note: the last step is the easiest to skip,
so say it out loud.

First, Then

Pack for a trip: 1. Clothes. 2.
Toothbrush. 3. One comfort thing.
4. Zip.

Brain note: a written list beats holding every
item in your head at once.

First, Then

Clean up art: 1. Lids on. 2. Brushes
in the sink. 3. Paper in the bin.

Brain note: cleaning up in a set order means
less to decide and less to dread.

First, Then

Spelling test: 1. Read three words.

2. Cover them. 3. Write them. 4.

Check.

Brain note: testing yourself sticks better than
reading the list again.

First, Then

Write a story: 1. Who is it about. 2.

What goes wrong. 3. How it ends.

Brain note: a messy first try is normal. Editing
is a separate job.

First, Then

Math page: 1. Do the ones you know. 2. Circle the hard ones. 3. Go back to them.

Brain note: easy wins first warm the brain up for the harder ones after.

First, Then

Tidy your desk: 1. Rubbish in the bin. 2. Pencils in the pot. 3. Papers in a pile.

Brain note: a clear space means fewer things tugging at your attention.

First, Then

Read a chapter: 1. Read one page.

2. Say what happened. 3. Keep
going or stop.

Brain note: pausing to say it back checks that
the words actually landed.

First, Then

Make a poster: 1. Big title. 2. Three facts. 3. One picture. 4. Color it in.

Brain note: deciding the layout first leaves less to think about while you work.

First, Then

Bath time: 1. Clothes in the basket.
2. Wash top to bottom. 3. Towel,
then pajamas.

Brain note: an order you know by heart takes
almost no effort to follow.

First, Then

Unload the dishes: 1. Cutlery first.
2. Plates. 3. Cups. 4. Shut the
door.

Brain note: same job, same order, and soon
your hands do it without you.

First, Then

Meet someone new: 1. Say hi. 2.

Say your name. 3. Ask one
question.

Brain note: three planned words are easier
than hunting for perfect ones.

First, Then

A spill: 1. Say it happened. 2. Get a cloth. 3. Wipe. 4. Put the cloth away.

Brain note: acting fast on a small mess stops it growing into a big worry.

First, Then

Do not want to start: 1. Set a timer
for five. 2. Work. 3. Stop if you
want.

Brain note: five minutes is short enough that
the brain stops fighting it.

First, Then

Make a snack: 1. Pick one thing. 2.

Plate it. 3. Eat it. 4. Wash the
plate.

Brain note: the plan holds the steps so your
hands can just do the doing.

First, Then

Night before: 1. Clothes out. 2.
Bag by the door. 3. Shoes beside
it.

Brain note: a sleepy morning brain does
better when choices are already made.

First, Then

Big test: 1. Name on top. 2. Read it all. 3. Easy ones first. 4. Then the rest.

Brain note: a first easy step lowers the buzzy feeling before the hard parts.

First, Then

A chore you hate: 1. Put on one song. 2. Work till it ends. 3. Then decide.

Brain note: an end you can hear makes a boring job feel finishable.

First, Then

Something new: 1. Watch someone
do it. 2. Try one bit. 3. Try that bit
again.

Brain note: getting it wrong a few times is
how the brain wires a new skill.

First, Then

Also try: Sustained Focus Printables,
Distraction Rescue Scripts, and I Can Try
Challenge Ladders.

Find every set at NextGenLearners.com.