

Let's Get Started!!
Building Your Child's Task Initiation Skills
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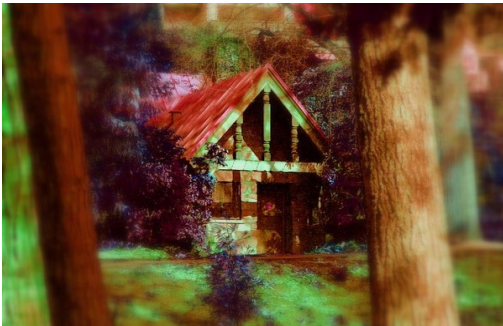
5 Fun Task initiation challenges:

Let's practice using our initiation skills! You have 30 seconds to complete the following tasks:

- (1) Brainstorm 10 words to describe this character:



- (2) Write the first two sentences of a story based on this image:



- (3) Send a message to your (parent, grandparent, friend) giving a big, genuine heartfelt compliment!
- (4) Pick a messy area (maybe your bedroom!) and put 3 (yes, only 3!) things away.
- (5) Think of something you've been meaning to do for a long time but have been putting off. Identify a small thing you can do right now to get the momentum going. As an example, create a document for your paper, give it a title, and write your name on it. Or, set a time in your calendar to call that friend.