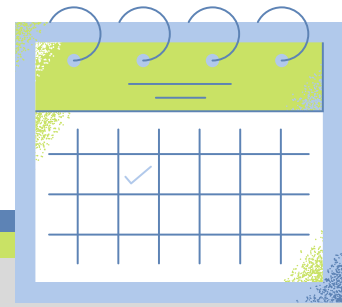


FUN PLANNER



BACKGROUND:

What's the best part of helping your teen improve executive functioning skills? There's more time left over to have FUN! When your teen has done all the hard work to achieve an executive functioning goal, they'll be surprised at how much extra time they have for activities like hobbies, spending time with friends, and relaxing. One way to motivate your teen to work hard at a SMART goal is to clearly outline what they can do with the extra time. By planning out the end result, they'll know what's waiting at the finish line!

INSTRUCTIONS:

1. For this activity, your teen will need a timer, a writing utensil, and a notebook or scratch paper.
2. Open the notebook to a clean, fresh sheet of paper.
3. Set the timer for 3 minutes. Before the timer goes off, instruct your teen to write down as many different ideas for how they like to have fun, relax, and spend free time.
4. Set the timer for 1 more minute to brainstorm additional ideas. During each minute, choose a length of time to capture on the fun planner.
5. Brainstorm 1 minute for ideas that take less than five minutes like watching a video clip online.
6. Then brainstorm 1 minute for fun activities that take 10-30 minutes like going for a walk or playing with a pet.
7. Finally, brainstorm ideas for how they might like to enjoy an afternoon, a free day, or longer activities like going for a bike ride.
8. When the final timer goes off, review the list. Put it in a safe place to reference later during the SMART goal process. When your teen needs the motivation to complete an activity or when setting a new SMART goal, use the fun planning list to add in special ways to spend the time saved while being more productive.

NOTES:

- This exercise involves establishing a list of fun activities and ways your teen likes to spend free time. Some learners may need support brainstorming new and fun ideas to add to this list or may prefer to brainstorm out loud while someone else records the items on paper.
- If you have a SMART goal as a family or a classroom, this is a great activity to complete together. Identify how you'll share the extra free time as a group.