

Brain Dump Sheet

Focus & Task Management



Get everything out of your head and onto the page.

Circle one thing to do first.

Tips for parents

- Let your child write, draw, or say it out loud while you write for them.
- Nothing is too small or silly to write down the goal is getting it out, not sorting it.
- Once the page is full, help them circle just one thing to start with.



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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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