

Homework Time Strategies Cheat Sheet

Parent Guides



"I don't want to start."

- Break it into the very first tiny step (open the book, write your name).
- Set a timer for just 5 minutes starting is often the hardest part.

"I can't focus."

- Clear the desk of everything except what's needed right now.
- Try a short movement break before sitting back down.

"This is too hard / I give up."

- Do the easiest problem first to build momentum.
- Break the assignment into smaller chunks with a short break between each.

"I keep getting distracted."

- Use a visible timer and work in short blocks (10-15 minutes).
- Keep a scrap paper nearby to jot down off-topic thoughts and come back to them later.

"I'm frustrated and melting down."

- Pause the work and take a break pushing through rarely helps at this point.
- Come back to it after a few minutes of calming down, even if it means finishing later.

"I'm done, but it's messy / incomplete."

- Celebrate that it's finished before pointing out what's missing.
- Fix one thing together, not everything, if changes are needed.