

Waiting Practice Tracker

Organization & Executive Function



Climb the ladder wait a little longer each time you try.

10 minutes	☐ did it!
5 minutes	☐ did it!
2 minutes	☐ did it!
1 minute	☐ did it!
30 seconds	☐ did it!
10 seconds	☐ did it!
START HERE	

What I practiced waiting for: _____

How I waited:

☐ Stayed calm ☐ Needed a break ☐ Got upset