You could give me 67 years to do homework and I wouldn’t do it until the night before.
THIS HOMEWORK LOOKS HARD...
DO YOU WANT ME TO EAT IT?

I’LL HAVE YOU KNOW THAT I FINISHED MY HOMEWORK
AND I ONLY CRIED 37 TIMES

FINDS ALL ANSWERS TO HOMEWORK
ON GOOGLE

What I do when I'm doing homework

- Actually doing my homework
- Staring at random things.
Homework Challenges

**Task Initiation Challenge** – Getting started, finally finishing

**Sustained Attention Challenge** – Staying on task

**Planning Challenge** – Keeping on track during long projects

**Working Memory Challenge** – forgot homework, forgot how to do assignment

**Boredom Challenge** – don’t want to do the same or busy work, want to be more inspired/challenged
Some suggestions from research

**Task Initiation Challenge** – Time it takes to do the homework. You may decide together when homework will start, but then after deciding, be consistent on the start time. Have an expectation of when it will be done, but let the child have input on timing.
Try these cues to help your child to begin homework promptly:

1. Self-talk – have them repeat the same sentence each day for about 3 days such as, “The teacher told us what to do and now it’s time to start.”

2. Start a pre-homework ritual: “open the textbook, get out a pencil, write their name, set timer, go.....” Let your child develop this ritual with you.

3. Decide with your child what will be the reminder to start, i.e. you, a timer, right after play time or down time finish, right after dinner, etc.

Keys to success: • Be diligent about consistency during the habit-forming first few weeks. • Fade the cueing system gradually. • If the child is not quickly successful, add an incentive.
Train their brain with reminders

Verbal and Visual Clues

• Verbally cue your child to get started.
• Arrange for a visual cue to prompt your child to begin (perhaps a picture or meme in the homework area)
• Walk your child through the first part of the assignment to get him or her started.
• Write down the start and stop times when tasks are assigned and/or completed.

Pick a reminder

Let's get this

Party Started!
What’s taking your child’s attention away?

Eliminate Distractions

Eliminate observe and assess the culprits.

• Is a pet or little sibling in the room?
• Can your child see the TV from his or her work station?
• Is there an older sibling playing video games within earshot?

Allow only the supplies necessary for the specific assignment to be on the table at one time.
Does anxiety have something to do with their hesitation to start?

Ask your child if homework makes them worried

Is your child afraid of not getting it perfect?
- They may be afraid to make a mistake if they don’t understand the instructions.
- They may worry that it won’t be good enough.
- Or just may have generalized anxiety over completing any task

Help with anxiety

- Don’t do homework for them as it makes them feel powerless.
- Stick with them in the beginning and then tell them how proud you are that they can do it alone.
- This empowers them to accomplish.
- If you have to, equate them to a homework superhero.
More anxiety help suggestions

• Try dividing the work into small sections to make assignments seem less intimidating.

• Help them start each subject until you see they can do it alone.

• Teach anxiety management strategies such as breathing exercises, self-monitoring and positive self-talk, like “I can do it.”

• Watch how you talk: saying “just try your best” to a child with perfectionism can be heard as “only your best will do.” “Get your work done,” is too broad for a child who needs specific direction. Be specific, i.e. “Do three questions and I’ll be back for the rest.”
Sustained Attention Challenge

- Won’t stay on task
- Stops frequently
- Day dreams
- Tries to distract self
- Fidgets
- Whines
**Sustained Attention Challenge** – Set a timer to stay on task. If 9 years old, 9 minutes, 10 years old, 10 min. At that time, let them take a short break to do something physical. Then repeat.

### Include Physical Activity

Kids who struggle with attention often do better if they are given brief breaks for active play.

Taking a break to bounce on an exercise ball, breaking up learning into chunks, and outdoor play times, quick stretching can all help the attention-challenged student stay focused.

Starting with 15 minutes of active play before a challenging task can also help a child stay more engaged.
Build their attention and memory

**Practice paying attention**

Practice attentive behavior at other times besides homework.

Using a timer or an app on the phone, have a signal go off during the work period, and have the child mark whether he/she was paying attention. This can help train a student's brain to understand what attention looks like, and how often he/she is tempted to disengage.

**Play memory games**

Memory games help hone that focus for kids in a fun way, so that they are able to concentrate when something challenging is presented.

Memory games do not have to be complicated. Even a simple game of red-light-green-light, I-Spy or Simon Says forces a child to concentrate. Memory matching cards or the game Concentration can also be used to increase attention.
Rate (and Change) Tasks
If you notice your child is constantly avoiding work or seems overly distracted, ask him or her to rate the level of challenge found in the activity on a scale of 1 to 10. If your child indicates the activity is an eight or higher, ask him or her what could be done to make the task a two or three.

Be willing to separate homework into bite-size portions either by subject, section, or even paragraph.
Planning Challenge – For longer assignments such as science projects, break up tasks on different days. For example do research on one part of the assignment on one day, then gathering material on another day. You can do the project on another day, then typing, and display board creation on different days.
More Homework Challenges

**Working Memory Challenge** – forgot to write down homework. Forgot how to do assignment.

- Gather other student’s phone numbers and call a friend
- Email teacher
- Some schools put the homework online
- Seek Homework Help at the library
- Get your child an awesome homework assignment notebook
**Make homework fun and rewarding**

### Incentives and rewards

Create “I remember my homework” charts or punch cards. Each time they bring it home, give them a sticker or after so many punches on their card, some prize. Let them help you plan the prize.

#### Anya’s Homework Checklist

<table>
<thead>
<tr>
<th>WHAT I HAVE TO DO</th>
<th>MINUTES I CAN EARN</th>
<th>Did I Earn Points?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Layout HW on dining room table when I get home.</td>
<td>10 min</td>
<td>✓ ✓</td>
</tr>
<tr>
<td>Do my HW on my own.</td>
<td>10 min</td>
<td>✓ ✓ ✓</td>
</tr>
<tr>
<td>Show mom my completed HW.</td>
<td>10 min</td>
<td>✓ ✓ ✓</td>
</tr>
<tr>
<td>Put my HW in the folder in my backpack.</td>
<td>10 min</td>
<td>✓ ✓ ✓</td>
</tr>
</tbody>
</table>

- If needed, I can take a 5 minute break between assignments.
- Mom can give me two reminders or else I lose my minutes of screen time for that ‘to do’ task.
- My earned time starts 7 pm. If I do not turn off the screen by 7:40, I will lose 10 minutes the following day.

Signed by **Anya** and **Jackie**
Boredom Challenge –
Some homework may be seen as boring to kids because they already accomplished it.

Supplement their lesson with something that is relevant to them. Are they studying percentages? Ask them to help you figure out how many games your favorite team won or how many cups, spoons, etc. to use for a recipe if they are studying fractions.
Kids will make it fun their own way if they’re bored
The following are some ideas to supplement boring homework with something fun
Count things: hops, steps, groceries, and make a big deal about the total. Compare the total to other totals and make it a challenge.

Look for numbers: on microwaves, street signs, prices at the store. Talk to them about what those numbers mean on it’s object, i.e. this is more expensive than that and so we need one dollar for this and two dollars for that.
Plan a family dinner event: write invitations to dinner, write down grocery list, write recipes, count people that will be at the dinner, help with the cooking, make menus and set places for each, make seating cards, and even write thank you cards after the dinner.

Make inventory lists: count objects in a room and make a list of each item i.e. Tables – 2, Chairs – 5, Pictures – 4, Plants – 3, Dog Food dishes, 2
Patterns and Sequencing

**Use everyday items for sorting and making patterns** i.e. toys with squares, toys with triangles, red toys, blue toys, forks, spoons, stringing beads, lining up like shoes.

**Counting:** play a seek-and-find game in your home by making a list of items such as 2 shoes, 3 books, 6 spoons, etc.

**Patterns and Sequences:** use colored cereal, buttons, crackers, etc and lay out patterns. Ask them what would come next.
Look for shapes at home and on the road: triangles, circles, rectangles, etc., can be found at home, while on the road, and at playgrounds.

Sorting: guess how many items are in a grocery bag. Sort groceries into vegetables, frozen, canned, fruit, meats, breads, dairy, etc.
Connection to everyday objects

**Money:** Learn money by going to the store and figuring out how many nickels, pennies, dimes, and quarters are needed for each item. Start saving change and discuss how much each coin will buy.

**Telling Time:** Look at both digital and circle clocks to compare times. Find visual clues to help them understand the hands of a clock.
**Measuring:** Show them different spoons, measuring cups, and rulers, then let them use it for cooking, drawing, sewing, and working.

**Addition:** Play dominoes and let them count the dots while playing.
Make practice a game with mazes: Put addition problems along a maze or board game where they have to answer the problem to advance to the end.

Distance: Play guessing games about distance, time it will take, how many roads will be passed and other forms of measurements while on the road or at a park.
**Comparisons:** Record ages of family members, how long animals live, years you owned a pet, etc and make time lines.
Seek Homework Help Games and Advice online

http://www.dallaslibrary2.org/childrensCenter/kids/homework.php

https://www.familyeducation.com/how-end-homework-battles

https://homework.cpm.org/cpm-homework/homework/category/CC/textbook/CC2/chapter/Ch2/lesson/2.3.2

https://www.education.com/activity/


https://handsonaswegrow.com/kids-activities/learning-activities/
Remember.......Homework can be a positive experience if you take control, make it fun, and don’t give up.