



ORGANIZE

SKILLSVILLE STRATEGIES



What are Strategies?

Strategies are tools and techniques that help achieve calmness and concentration to prime the brain to effectively use Success Skills. These skills are **Focus, Think Differently, Organize, Remember, and Feel.**

What is a Child-Friendly Definition of Strategies?

"Strategies are something you do or words you think about to help you understand your thoughts and emotions and respond in a helpful way."

What is Organize, and Why is it Helpful?

Organize is our daily plan for tasks to meet our short- and long-term goals. It is the ability to determine the appropriate order for completing tasks based on importance and logical sequence. **Organize** also encompasses the physical and mental process of gathering and keeping track of belongings, information, and time. This Success Skill helps children with time management and decision-making. By encouraging children to **Organize**, caregivers and grownups can help children improve their ability to manage their tasks more efficiently and achieve their goals.

What is a Child-Friendly Definition of Organize?

"Keep track of different information and belongings, and put them in an order that makes sense to you."

When do children struggle with Organize?

When they...

- Have difficulty deciding how to prioritize their tasks.
 - A child might opt to play with toys instead of completing their homework.
- Struggle to create plans with varying levels of tasks.
 - A child might struggle to plan for a craft project and figure out what materials they need and what order to do each step.
- Find it hard to keep track of items, information, and time.
 - A child might forget about a project until the night before it is due.

Consider incorporating strategies into your child(ren)'s routine to further enhance the **Organize** Success Skill. Strategies can be used in school, at home, and in the community. While all strategies can support Success Skills, the effectiveness of a specific strategy is different for everyone. Experiment with different approaches to find what works best for your child's individual needs.

