Lesson 4: Self-Talk for Staying on Task



What Is My Child Learning?

Your child is learning that self-talk is when you talk to yourself in a quiet voice or in your head. Your child is also learning to use self-talk to stay on task and remember directions.

Why Is This Important?

Self-talk is an important learning tool that children can use to help themselves listen, follow directions, and focus.

Ask your child: What is self-talk? Second Step answer: When you talk to yourself in a quiet voice or in your head.

When are some times you use self-talk? Possible answers: When I repeat directions to myself. When I switch on my attent-o-scope. When I want to ignore someone who is distracting me. When I need to focus on my work.

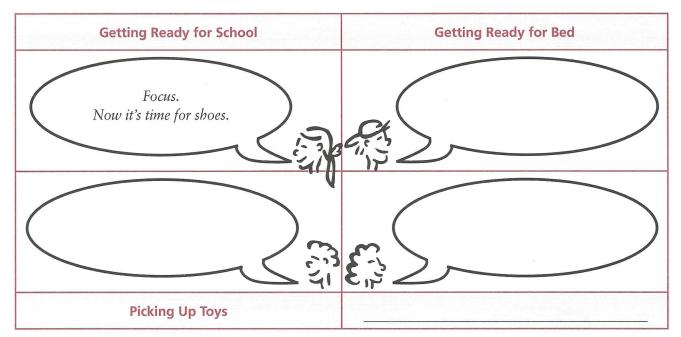
Practice at Home

When you see your child becoming distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from the activity below. For example:

I see you are having trouble focusing on getting ready for school. What can you say to yourself to help you stay on task? Wait for your child to respond. What is the first thing you need to do? Wait for your child to respond. What is the next thing you need to do?

Activity

Help your child come up with self-talk to help stay on task in the following daily scenarios. Then write one other daily task and fill in the self-talk to use for that task.



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)	