

A top-down view of a desk with a teal background. In the center is a spiral-bound notebook with a white grid pattern. The word "PLAN" is written in blue ink on the notebook and is underlined. Overlaid on the notebook is the text "Mindful Planning" in a black serif font. To the right of the notebook is a silver pen with a black grip. Below the pen are two yellow pencils and a red pencil sharpener. To the left of the notebook are several colorful paper clips (yellow, pink, and red) and a pair of glasses. In the top right corner, there is a white coffee cup on a saucer. In the bottom left corner, there is a crumpled piece of paper.

PLAN

Mindful *Planning*



PLAY
ATTENTION

**Summer Mindfulness
Challenge-Day 25:
Mindful Planning
5-15 Minutes**



The absence of a plan for the day can lead to missed appointments, rushed activities, and stress.

Take just 5 minutes of uninterrupted time at the beginning the day to do a little mindful planning.



MINDFUL PLANNING FOR THE FAMILY

This is a great practice to teach your child. Planning is a process of executive function. It is important to model this process, so your child begins to understand the importance of planning.



PLAY
ATTENTION



**This does not need to
take you long.
Just set aside 5 - 15
minutes.**



**PLAY
ATTENTION**

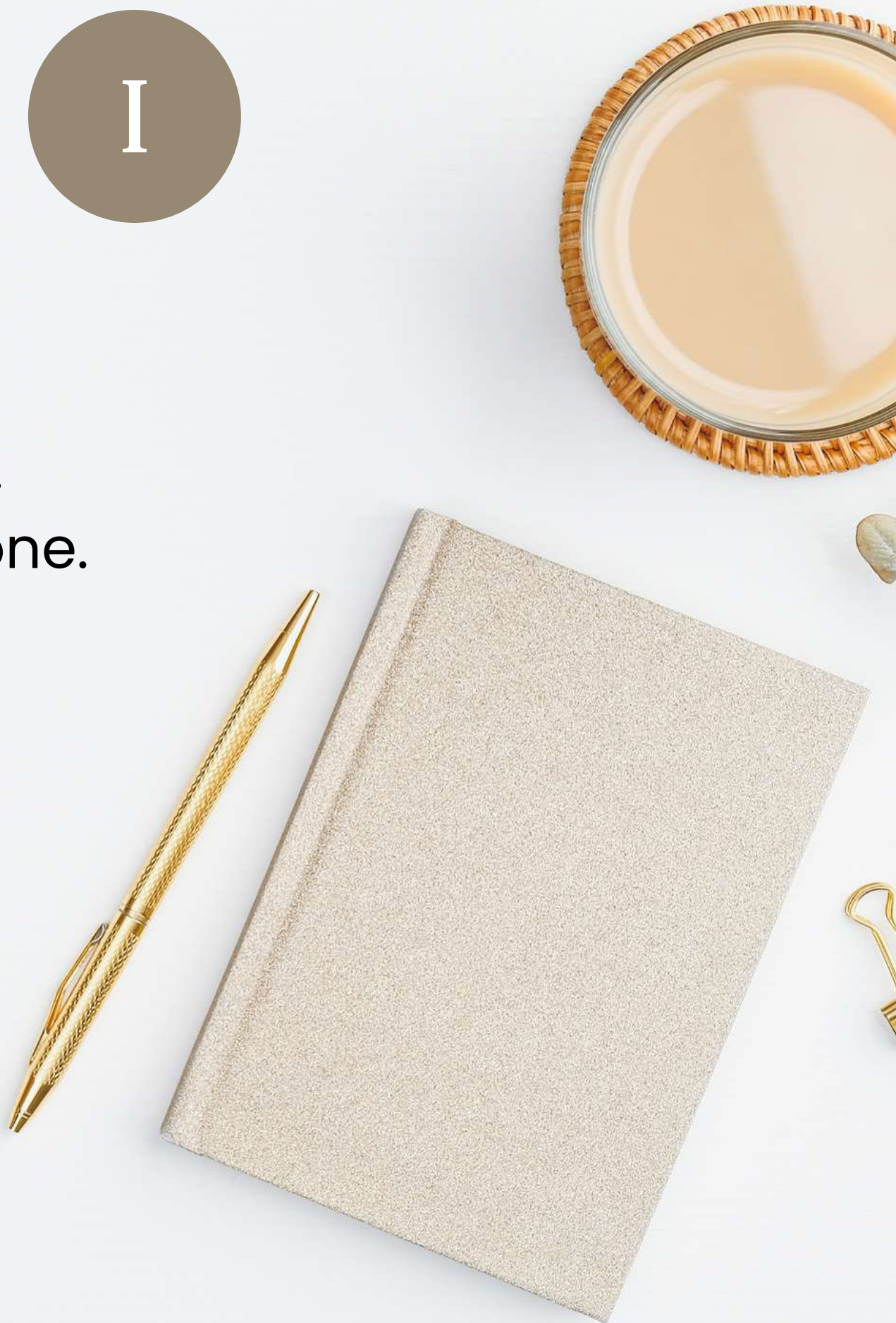


PLAY
ATTENTION

WHAT TO WRITE WHEN MINDFUL PLANNING

I

The day's priorities.
What has to get done.



PLAY
ATTENTION

II

Times for any scheduled appointments or events.



PLAY
ATTENTION



III

Other “wish” items -
These are things you would like to get done but you can accept if they do not. These things can get pushed to a later date if necessary.



PLAY
ATTENTION



IV

Take a moment to review the list before moving on to the rest of the day.



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ATTENTION

V

Accept the fact that things happen and plans may have to change.

Be flexible and accepting.



PLAY
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