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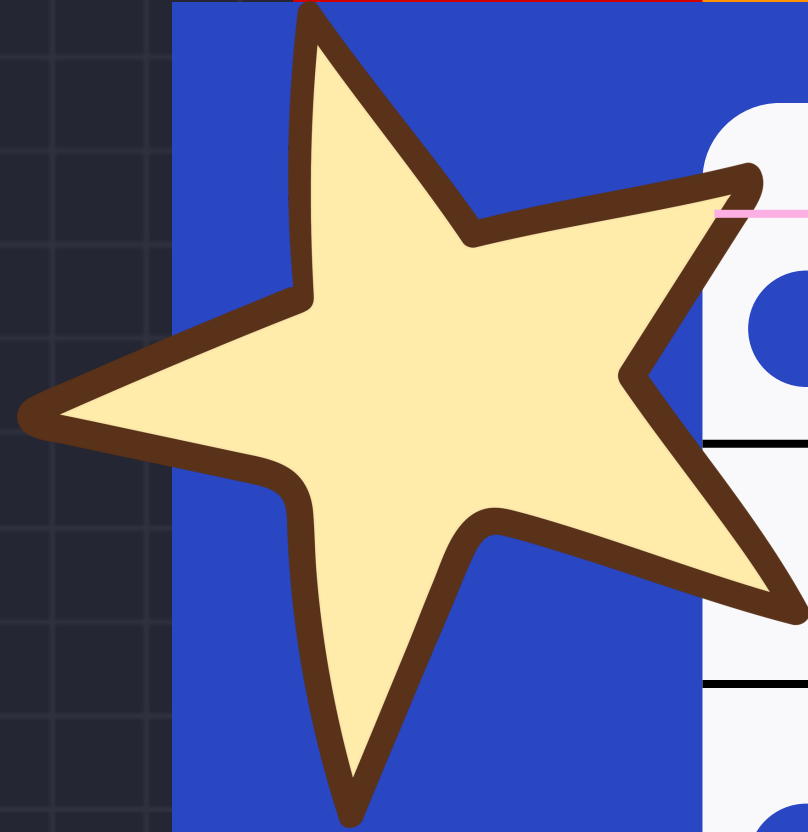
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Quick and Easy Interventions

For additional information contact: Coordinator of Academic and Intervention Supports: [Dr. Marlo Jackson](#)



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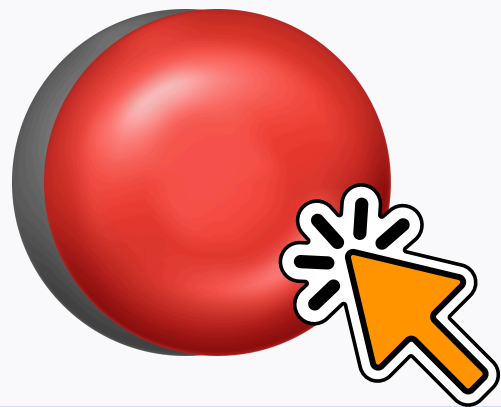
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Visual Schedules

These are good for students who struggle with time management or transitioning between tasks. Visual schedules can use pictures or words to display the routine. A checklist is also an example of a visual schedule.

For more information click the button.

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How to Use:

Identify the routine: Determine which activities or routines will be supported by the schedule.

Break down the activity: List the steps involved in the activity in the correct order.

Choose the right format: Select the type of schedule (object, picture, written, etc.) that is most appropriate for the individual's needs.

Add visuals: Use pictures, icons, or words to represent each step of the activity.

Start simple: Begin with a basic schedule and gradually increase complexity as the individual becomes more comfortable.



Free Visual Schedules: Click [here](#).

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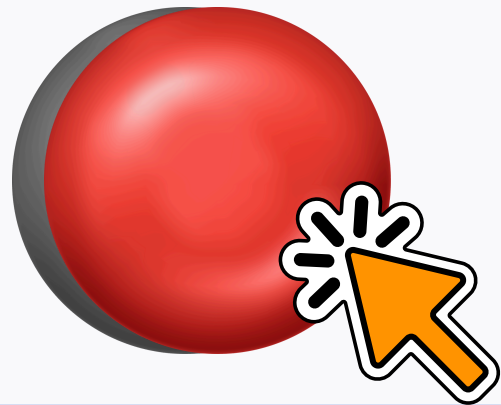
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Growth Mindset

When your child struggles or succeeds, it's easy to say, "You're so smart!" While well-intentioned, this can make children believe that their intelligence is fixed. Instead, focus on praising their hard work and effort. This teaches them that they can grow their intelligence and skills through practice and perseverance.

For more information click the button.

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Praising Effort and Strategy

These phrases focus on the process, not just the result.

- "I can see how hard you're working on that. Keep going!"
- "That's a really smart strategy you're using. I like how you're thinking about it."
- "You've clearly put a lot of effort into this, and it shows in your progress."
- "Look at how much you've improved since you started. That's from all your hard work."
- "I love the way you tackled that problem."



Framing Mistakes as Learning Opportunities

These statements help your child see that errors are a normal and valuable part of learning.

- "That's a fantastic mistake! What did you learn from it?"
- "Mistakes are how our brains grow. Now we know what doesn't work."
- "It's okay to get it wrong. The important part is figuring out why."
- "Let's look at this mistake together and see what we can learn for next time."



Encouraging Perseverance

These phrases build resilience and help your child believe that challenges can be overcome.

- "You're not there yet, but you will get there."
- "This is a tough challenge, and I know you're capable of figuring it out."
- "I believe in you. Let's try it from a different angle."
- "You don't have to be perfect, you just have to keep trying."



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Additional Resources



Suffolk Public Schools-Academics

The Meadows Center- Helping Kids Learn at Home



Helping My Teen with Reading Skills in
Different Subject Areas

