

Homework support checklist

Keep homework time predictable with short focus blocks and clear cues.

Homework routine

- Clear workspace and reduce distractions
- Set a 10–15 minute focus sprint
- Use a visual timer
- Take a 3–5 minute movement break
- Celebrate completion

Support cues

1. “We can do just one small piece.”
2. “Let’s set a timer and stop when it rings.”
3. “Do you want to read aloud or use a helper?”