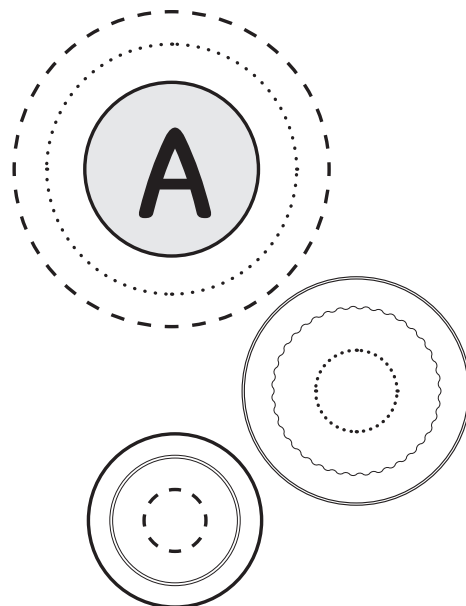


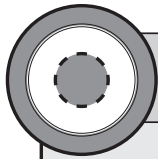
Appendix

Sample Goal, Plan, Do, Checks







From Cannon, L., Kenworthy, L., Alexander, K.C., Werner, M.A., & Anthony, L.G. (2011). *Unstuck and on target!: An executive function curriculum to improve flexibility for children with autism spectrum disorders, research edition* (pp. 140, 143). Baltimore, MD: Paul H. Brookes Publishing Co.; adapted by permission. Copyright © 2011 by Paul H. Brookes Publishing Co., Inc. All rights reserved.

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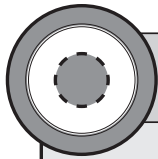


Mission Possible





GOAL 	What is my mission for today? <i>To have a fun playdate with Adam</i>		
PLAN(S) 	Plan A What is my plan for my mission? <ol style="list-style-type: none"> <i>Pick up Adam from his house.</i> <i>Go to the park.</i> <i>Ask Adam if he wants to play on the swings or the climbing wall.</i> <i>If I feel tired or need a break, I can tell Adam I need few minutes to myself.</i> <i>Have a snack.</i> <i>Drive Adam back to his house.</i> 	Plan B What is an alternative plan? <ol style="list-style-type: none"> <i>If the park is too crowded or Adam does not want to go to the park, we can go back to my house.</i> <i>Ask Adam if he wants to play LEGOs or soccer.</i> 	
DO 	What plan did I use to complete my mission? <div> <input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> Other (explain) </div>		
CHECK 	Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO How did it go? <div> 1 2 3 <input checked="" type="radio"/> 4 5 Not so good OK Great </div>		

From Cannon, L., Kenworthy, L., Alexander, K.C., Werner, M.A., & Anthony, L.G. (2011). *Unstuck and on target!: An executive function curriculum to improve flexibility for children with autism spectrum disorders, research edition* (pp. 140, 143). Baltimore, MD: Paul H. Brookes Publishing Co.; adapted by permission. Copyright © 2011 by Paul H. Brookes Publishing Co., Inc. All rights reserved.

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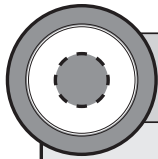


Mission Possible



GOAL 	What is my mission for today? <i>To get a good grade on my social studies test</i>		
PLAN(S) 	Plan A What is my plan for my mission? <ol style="list-style-type: none"> <i>Have a snack after school.</i> <i>Take a practice quiz.</i> <i>Take a 10-minute break while Mom grades my quiz.</i> <i>Look up any questions I missed.</i> <i>Eat dinner.</i> <i>Do all my flash cards carefully. I predict that will take 10 minutes.</i> <i>15 minutes of television time.</i> 	Plan B What is an alternative plan? <ol style="list-style-type: none"> <i>If I don't feel prepared at the end of the night, I will do 10 minutes of flash cards on the ride to school.</i> 	
DO 	What plan did I use to complete my mission? Plan A <u>Plan B</u> Other (explain)		
CHECK 	Did I accomplish my goal? <u>YES</u> NO Did I predict correctly how long the flash cards would take? YES <u>NO</u> How did it go? 1 2 <u>3</u> 4 5 Not so good OK Great		

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Mission Possible



<p>GOAL</p> 	<p>What is my mission for today?</p> <p><i>To finish my homework calmly while staying focused</i></p>	
<p>PLAN(S)</p> 	<p>Plan A</p> <p>What is my plan for my mission?</p> <ol style="list-style-type: none"> <i>Have a snack after school.</i> <i>Spend 15 minutes doing something that helps me feel more relaxed, but not television.</i> <i>Review my homework assignments and decide in what order I want to do them.</i> <i>Decide when I might want to take breaks.</i> <i>I predict that my work and breaks will take 30 minutes.</i> <i>Keep my feelings thermometer with me (Figure 6.11).</i> <i>Stay focused on one assignment at a time and take my breaks.</i> <i>As I complete assignments, put them back in my folder to go back to school.</i> <i>Once I've finished, put my folder in my backpack.</i> <i>Watch 15 minutes television.</i> 	<p>Plan B</p> <p>What is an alternative plan?</p> <ol style="list-style-type: none"> <i>If an assignment feels too tricky, I can ask my mom or dad for help.</i> <i>If I feel stuck on an assignment, I can take a break from it, do another assignment, and come back to it later.</i>

(continued)

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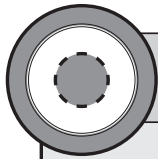
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(continued)



DO 	What plan did I use to complete my mission? <input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="text"/> Other (explain)
CHECK 	Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO Did I predict correctly how long my homework and breaks would take? <input checked="" type="radio"/> YES <input type="radio"/> NO How did it go? 1 2 3 4 <input checked="" type="radio"/> 5 Not so good OK Great

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Mission Possible



<p>GOAL</p> 	<p>What is my mission for today?</p> <p><i>To get ready in the morning and on my way to school on time</i></p>	
<p>PLAN(S)</p> 	<p>Plan A</p> <p>What is my plan for my mission?</p> <ol style="list-style-type: none"> 1. <i>The night before, I will</i> <ol style="list-style-type: none"> a. <i>Choose my outfit (including my underwear, socks, and shoes) and set it on my desk.</i> b. <i>Plan breakfast with my dad and write down the menu.</i> c. <i>Check my backpack to make sure everything is in it, and set it by the door.</i> d. <i>Put my comics by my chair in case I have time to read.</i> 2. <i>I think I can finish my morning routine in 45 minutes (e.g., eat breakfast, brush my teeth, wash my face and hands, and get dressed).</i> 3. <i>I will use my morning routine checklist.</i> 4. <i>I will plan for an extra 15 minutes just in case something doesn't go the way I hoped.</i> 5. <i>If I've finished my morning routine by 7:50, I can read comics until the bus arrives.</i> 6. <i>Grab my backpack when I leave the house.</i> 	<p>Plan B</p> <p>What is an alternative plan?</p> <ol style="list-style-type: none"> 1. <i>If I get stuck, my mom can help me use my routine checklist.</i> 2. <i>My mom will let me know how much time I have left before the bus arrives.</i>

(continued)

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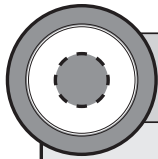
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(continued)





DO 	<p>What plan did I use to complete my mission?</p> <p>Plan A Plan B <u>Other</u> (explain)</p> <p style="text-align: right;"><i>Need a Plan C</i></p>										
CHECK 	<p>Did I accomplish my goal? YES <u>NO</u></p> <p>Did I predict correctly how long my morning routine would take? YES <u>NO</u></p> <p>How did it go?</p> <table border="0" style="width: 100%;"><tr><td style="text-align: center;"><u>1</u></td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td></tr><tr><td style="text-align: center;">Not so good</td><td></td><td style="text-align: center;">OK</td><td></td><td style="text-align: center;">Great</td></tr></table>	<u>1</u>	2	3	4	5	Not so good		OK		Great
<u>1</u>	2	3	4	5							
Not so good		OK		Great							

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Mission Possible

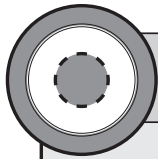
GOAL 	What is my mission for today? <i>To have fun playing in my soccer game</i>		
PLAN(S) 	Plan A What is my plan for my mission? <ol style="list-style-type: none"> <i>Put on my uniform.</i> <i>Drive to the game.</i> <i>Listen to the coaches' instructions.</i> <i>Wait on the bench until it is my turn.</i> <i>Cheer for my teammates.</i> <i>Run after the ball and try and kick it toward the goal (I know my teammates need a chance to kick too).</i> <i>Pass the ball to my teammates.</i> <i>Say "good game" at the end.</i> 	Plan B What is an alternative plan? <ol style="list-style-type: none"> <i>Ask my coach for a break if I feel frustrated or tired.</i> <i>When I feel better, I can ask to go back in the game.</i> 	
DO 	What plan did I use to complete my mission? <div> <input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> Other (explain) </div>		
CHECK 	Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO How did it go? <div> <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input checked="" type="radio"/> 5 Not so good OK Great </div>		

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Mission Possible


<p>GOAL</p> 	<p>What is my mission for today?</p> <p><i>To finish my biography assignment on time and follow the directions so that I can get a good grade</i></p>		
<p>PLAN(S)</p> 	<p>Plan A</p> <p>What is my plan?</p> <ol style="list-style-type: none"> <i>Pay attention to the teacher when she gives the directions for the biography.</i> <i>Copy the directions in my notebook.</i> <i>Write down the due date.</i> <i>The rough draft is due in 1 week, and the final draft is due in 2 weeks. Remember that the reason I do a rough draft is so that my teacher can help me improve my writing for the final draft.</i> <i>The topic is My Hero.</i> <i>Read two sources (not Wikipedia).</i> <i>List my sources and use information from each of them in the biography.</i> 	<p>Plan B</p> <p>What is an alternative plan?</p> <ol style="list-style-type: none"> <i>If I run out of time in class, I can work on this assignment at home.</i> <i>If I get stuck, I can ask my teacher for help.</i> 	
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p><u>Plan A</u> Plan B Other (explain)</p> <p><i>Except Step 6</i></p>		

(continued)

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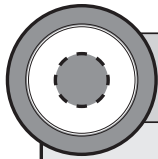
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(continued)





CHECK 	Did I accomplish my goal? <u>YES</u> NO				
	How did it go?				
	1	2	3	<u>4</u>	5
	Not so good		OK		Great

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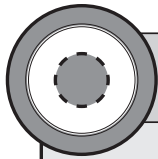


Mission Possible




GOAL 	What is my mission for today? <i>Today I will get my biography rough draft back from my teacher. My goal is to use my teacher's notes on my rough draft to complete my final draft.</i>		
PLAN(S) 	Plan A What is my plan? <ol style="list-style-type: none"> <i>Read through my teacher's comments.</i> <i>Remember to be flexible and that mistakes are another way to learn.</i> <i>Remember that my target goal is to write the best final draft I can and get a good grade.</i> <i>Complete my final draft on time and hand it in to the teacher.</i> 	Plan B What is an alternative plan? <ol style="list-style-type: none"> <i>Ask my teacher for help if I don't understand something.</i> <i>If I don't finish my work at school, I can finish it at home.</i> 	
DO 	What plan did I use to complete my mission? <input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> Other (explain)		
CHECK 	Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO How did it go? <div> 1 2 3 <input checked="" type="radio"/> 4 5 </div> <div> Not so good OK Great </div>		

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Mission Possible


GOAL 	What is my mission for today? <i>To create a notebook for all of my schoolwork</i>	
PLAN(S) 	Plan A What is my plan? <ol style="list-style-type: none"> <i>Pick out a notebook that I like from the choices my mom or dad gives me.</i> <i>Pick out a different-colored folder for each class.</i> <i>The color of folder that I pick will be the color for any special supplies needed (like a spiral notebook) for the class (when there are choices). This is called color coding.</i> <i>Put all supplies in the notebook that can go in the notebook, keeping items for each class together.</i> <i>Label each section and the supplies in that section.</i> <i>Celebrate getting organized and ready for school with a special activity.</i> 	Plan B What is an alternative plan? <ol style="list-style-type: none"> <i>If I can't find the color I want, I can add that color to my notebook in a different way (like with the color of my pencils or using that color to label).</i> <i>If I need help, I can ask my parent.</i>
DO 	What plan did I use to complete my mission? Plan A <u>Plan B</u> Other (explain)	

(continued)

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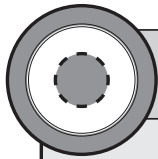
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(continued)



CHECK 	Did I accomplish my goal?	<u>YES</u>	NO
	How did it go?		
	1 2 <u>3</u> 4 5	Not so good	OK

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Mission Possible



<p>GOAL</p> 	<p>What is my mission for today?</p> <p><i>To be a good student who follows the directions for my assignments with only some help and gets my work done on time</i></p>	
<p>PLAN(S)</p> 	<p>Plan A</p> <p>What is my plan?</p> <ol style="list-style-type: none"> <i>Always copy the directions for an assignment.</i> <i>Always write the due date where my due dates go in my notebook.</i> <i>Break my assignment into the steps my teacher gives me and decide when I need to do each section so that it's done on time.</i> <i>Start as soon as it is time to start so that I can get my work done on time.</i> <i>Be ready to be flexible and compromise so that I can get some of what I want and get a good grade by following the assignment directions.</i> <i>Check the clock to see how much time I have.</i> <i>Stay on target when working and avoid distractions that could interest me.</i> <i>Keep checking to see what the time is.</i> <i>Be flexible and use my teacher's guidance to improve my work.</i> 	<p>Plan B</p> <p>What is an alternative plan?</p> <ol style="list-style-type: none"> <i>I can use a timer to help me stay on task if I'm having trouble. I can set the timer for 10 minutes, and every time it goes off, ask myself if I am on target. If I'm not on target, I can look back at my plan to get on target.</i> <i>I can ask my teacher for help if something is tricky.</i>

(continued)

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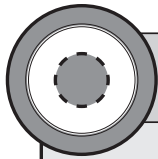
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(continued)





DO 	What plan did I use to complete my mission? Plan A Plan B <u>Other</u> (explain) <i>Need a Plan C</i>
CHECK 	Did I accomplish my goal? YES <u>NO</u> How did it go? <u>1</u> 2 3 4 5 Not so good OK Great

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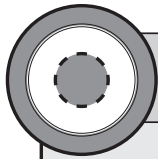


Mission Possible





GOAL 	What is my mission for today? <i>To finish my language arts assignment</i>																		
PLAN(S) 	Plan A <ol style="list-style-type: none"> 1. Check my materials checklist and get my materials. 2. Listen to Ms. Kathy's directions. 3. Read Chapter 1 and highlight information that tells me what kind of kid Scout is. (Is she brave? Is she nice? Is she smart?) 4. Look back at my highlights and use the information to fill in the mind map. 5. Fill in mind map (at least three bubbles with complete sentences). 6. Turn in the mind map to the completed work bin. 7. If I have finished my plan and I have time, draw quietly until language arts is over. 		Plan B <ol style="list-style-type: none"> 1. If I don't finish the assignment, I can finish it for homework. 																
DO 	Don't forget I can use a Plan B.																		
CHECK 	<table border="0"> <tr> <td colspan="2">Did I accomplish my goal?</td> <td><u>YES</u></td> <td>NO</td> </tr> <tr> <td colspan="4">How did it go?</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4 <u>5</u></td> </tr> <tr> <td colspan="2">Not so good</td> <td>OK</td> <td>Great</td> </tr> </table>			Did I accomplish my goal?		<u>YES</u>	NO	How did it go?				1	2	3	4 <u>5</u>	Not so good		OK	Great
Did I accomplish my goal?		<u>YES</u>	NO																
How did it go?																			
1	2	3	4 <u>5</u>																
Not so good		OK	Great																

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Mission Possible

GOAL 	What is my mission for today? <i>To finish my math assignment</i>	
PLAN(S) 	Plan A <ol style="list-style-type: none"> <i>Mad Minute</i> <i>Complete word problem.</i> <i>Complete problems 20 to 30. Remember that to earn the points, I need to show my work.</i> <i>Turn completed work into the completed work bin.</i> <i>If I have finished the plan and I have time, I can draw quietly until math is over.</i> 	Plan B <ol style="list-style-type: none"> <i>If I don't finish the assignment, I can finish it for homework.</i>
DO 	Don't forget I can use a Plan B.	
CHECK 	Did I accomplish my goal? <u>YES</u> NO How did it go? <div> <div>1</div> <div>2</div> <div>3</div> <div><u>4</u></div> <div>5</div> </div> <div> <div>Not so good</div> <div>OK</div> <div>Great</div> </div>	

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