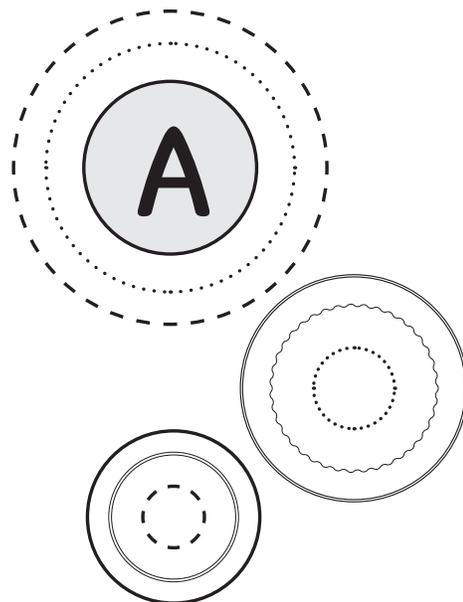


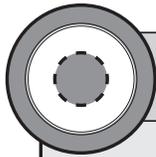
Appendix

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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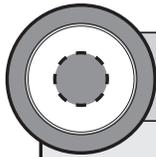


Mission Possible

<p>GOAL</p> 	<p>What is my mission for today? <i>To have a fun playdate with Adam</i></p>		
<p>PLAN(S)</p> 	<p>Plan A What is my plan for my mission?</p> <ol style="list-style-type: none"> 1. <i>Pick up Adam from his house.</i> 2. <i>Go to the park.</i> 3. <i>Ask Adam if he wants to play on the swings or the climbing wall.</i> 4. <i>If I feel tired or need a break, I can tell Adam I need few minutes to myself.</i> 5. <i>Have a snack.</i> 6. <i>Drive Adam back to his house.</i> 	<p>Plan B What is an alternative plan?</p> <ol style="list-style-type: none"> 1. <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> 2. <i>Ask Adam if he wants to play LEGOs or soccer.</i> 	
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p><input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> Other (explain)</p>		
<p>CHECK</p> 	<p>Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO</p> <p>How did it go?</p> <p>1 2 3 <input checked="" type="radio"/> 4 5</p> <p>Not so good OK Great</p>		

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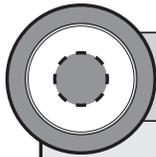


Mission Possible

<p>GOAL</p> 	<p>What is my mission for today? <i>To get a good grade on my social studies test</i></p>	
<p>PLAN(S)</p> 	<p>Plan A What is my plan for my mission?</p> <ol style="list-style-type: none"> 1. <i>Have a snack after school.</i> 2. <i>Take a practice quiz.</i> 3. <i>Take a 10-minute break while Mom grades my quiz.</i> 4. <i>Look up any questions I missed.</i> 5. <i>Eat dinner.</i> 6. <i>Do all my flash cards carefully. I predict that will take 10 minutes.</i> 7. <i>15 minutes of television time.</i> 	<p>Plan B What is an alternative plan?</p> <ol style="list-style-type: none"> 1. <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>
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p>Plan A <u>Plan B</u> Other (explain)</p>	
<p>CHECK</p> 	<p>Did I accomplish my goal? <u>YES</u> NO</p> <p>Did I predict correctly how long the flash cards would take? YES <u>NO</u></p> <p>How did it go?</p> <p>1 2 <u>3</u> 4 5</p> <p>Not so good OK Great</p>	

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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>1. Have a snack after school.</i><i>2. Spend 15 minutes doing something that helps me feel more relaxed, but not television.</i><i>3. Review my homework assignments and decide in what order I want to do them.</i><i>4. Decide when I might want to take breaks. I predict that my work and breaks will take 30 minutes.</i><i>5. Keep my feelings thermometer with me (Figure 6.11).</i><i>6. Stay focused on one assignment at a time and take my breaks.</i><i>7. As I complete assignments, put them back in my folder to go back to school.</i><i>8. Once I've finished, put my folder in my backpack.</i><i>9. Watch 15 minutes television.</i>	<p>Plan B</p> <p>What is an alternative plan?</p> <ol style="list-style-type: none"><i>1. 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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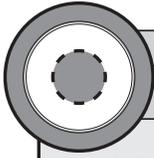
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(continued)

DO 	What plan did I use to complete my mission? <input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> 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

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

<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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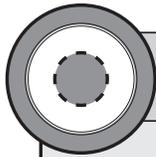
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(continued)

<p>DO</p> 	<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>										
<p>CHECK</p> 	<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"><tr><td><u>1</u></td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>Not so good</td><td></td><td>OK</td><td></td><td>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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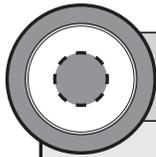


Mission Possible

<p>GOAL</p> 	<p>What is my mission for today? <i>To have fun playing in my soccer game</i></p>		
<p>PLAN(S)</p> 	<p>Plan A What is my plan for my mission?</p> <ol style="list-style-type: none"> 1. <i>Put on my uniform.</i> 2. <i>Drive to the game.</i> 3. <i>Listen to the coaches' instructions.</i> 4. <i>Wait on the bench until it is my turn.</i> 5. <i>Cheer for my teammates.</i> 6. <i>Run after the ball and try and kick it toward the goal (I know my teammates need a chance to kick too).</i> 7. <i>Pass the ball to my teammates.</i> 8. <i>Say "good game" at the end.</i> 	<p>Plan B What is an alternative plan?</p> <ol style="list-style-type: none"> 1. <i>Ask my coach for a break if I feel frustrated or tired.</i> 2. <i>When I feel better, I can ask to go back in the game.</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>CHECK</p> 	<p>Did I accomplish my goal? <u>YES</u> NO</p> <p>How did it go?</p> <p>1 2 3 4 <u>5</u></p> <p>Not so good OK Great</p>		

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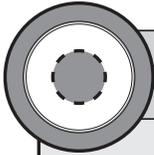


Mission Possible

<p>GOAL</p> 	<p>What is my mission for today? <i>To have fun at recess</i></p>
<p>PLAN(S)</p> 	<p>Plan A What is my plan for my mission? <i>1. Ask Sarah if she wants to go on the climbing wall.</i></p> <p>Plan B What is an alternative plan? <i>1. Ask Ben if he wants to go on the slide.</i></p> <p>Plan C What is an alternative plan? <i>1. Ask Oliver if he wants to play basketball.</i></p> <p>Plan D What is an alternative plan? <i>1. Swing by myself.</i></p>
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p>Plan A Plan B <u>Other</u> (explain) <i>Plan D</i></p>
<p>CHECK</p> 	<p>Did I accomplish my goal? YES <u>NO</u></p> <p>How did it go?</p> <p><u>1</u> 2 3 4 5</p> <p>Not so good OK Great</p>

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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"> 1. <i>Pay attention to the teacher when she gives the directions for the biography.</i> 2. <i>Copy the directions in my notebook.</i> 3. <i>Write down the due date.</i> 4. <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> 5. <i>The topic is My Hero.</i> 6. <i>Read two sources (not Wikipedia).</i> 7. <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"> 1. <i>If I run out of time in class, I can work on this assignment at home.</i> 2. <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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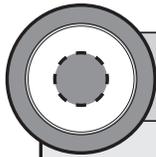
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(continued)

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

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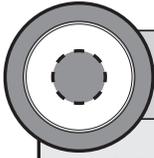


Mission Possible

<p>GOAL</p> 	<p>What is my mission for today?</p> <p><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></p>												
<p>PLAN(S)</p> 	<p>Plan A</p> <p>What is my plan?</p> <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> 	<p>Plan B</p> <p>What is an alternative plan?</p> <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> 											
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p><input checked="" type="radio"/> Plan A <input type="radio"/> Plan B <input type="radio"/> Other (explain)</p>												
<p>CHECK</p> 	<p>Did I accomplish my goal? <input checked="" type="radio"/> YES <input type="radio"/> NO</p> <p>How did it go?</p> <table border="0"> <tr> <td>1</td> <td>2</td> <td>3</td> <td><input checked="" type="radio"/> 4</td> <td>5</td> </tr> <tr> <td>Not so good</td> <td></td> <td>OK</td> <td></td> <td>Great</td> </tr> </table>			1	2	3	<input checked="" type="radio"/> 4	5	Not so good		OK		Great
1	2	3	<input checked="" type="radio"/> 4	5									
Not so good		OK		Great									

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Mission Possible

<p>GOAL</p> 	<p>What is my mission for today? <i>To create a notebook for all of my schoolwork</i></p>	
<p>PLAN(S)</p> 	<p>Plan A What is my plan?</p> <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> 	<p>Plan B What is an alternative plan?</p> <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>
<p>DO</p> 	<p>What plan did I use to complete my mission?</p> <p>Plan A <u>Plan B</u> Other (explain)</p>	

(continued)

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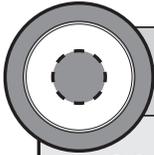
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(continued)

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

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Mission Possible

GOAL



What is my mission for today?

To be a good student who follows the directions for my assignments with only some help and gets my work done on time

PLAN(S)



Plan A

What is my plan?

1. *Always copy the directions for an assignment.*
2. *Always write the due date where my due dates go in my notebook.*
3. *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.*
4. *Start as soon as it is time to start so that I can get my work done on time.*
5. *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.*
6. *Check the clock to see how much time I have.*
7. *Stay on target when working and avoid distractions that could interest me.*
8. *Keep checking to see what the time is.*
9. *Be flexible and use my teacher's guidance to improve my work.*

Plan B

What is an alternative plan?

1. *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.*
2. *I can ask my teacher for help if something is tricky.*

(continued)

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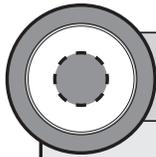
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(continued)

<p>DO</p> 	<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>										
<p>CHECK</p> 	<p>Did I accomplish my goal? YES <u>NO</u></p> <p>How did it go?</p> <table border="0"><tr><td><u>1</u></td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>Not so good</td><td></td><td>OK</td><td></td><td>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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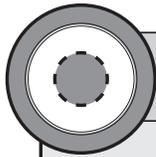


Mission Possible

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

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Mission Possible

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

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