My Learning Week

Choose one small goal. Keep practice short and encouraging.

One thing we want to practise:

_____

_____

Monday Activity: _____

Tuesday Activity: _____

Wednesday Activity: _____

Thursday Activity: _____

Friday Activity: _____

Weekend choice Activity: _____

A Five-Minute Session

This plan is for the adult to use. Let readiness guide the activity.

Minute 1: Choose together

Offer two simple choices. Pick an activity the child understands.

Minutes 2-3: Try one small task

Show one example. Give time to try. Avoid doing every step for them.

Minute 4: Talk about it

Ask: What did you notice? Accept a spoken answer or a demonstration.

Minute 5: Finish kindly

Name one effort you noticed. Stop or take a break if needed.

Our choice today:

Notice and Adjust

Use this offline record for your household. Do not send child details online.

What felt comfortable?

What needed an example?

What did the child enjoy?

Our next small step:

A Week to Remember

No scores needed. Record useful observations and effort.

Something we tried together:

_____

_____

_____

An effort worth celebrating:

_____

_____

_____

A choice for next week:

_____

_____

_____

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This is a planning tool, not an assessment or a promise of learning results.