

Packing a school bag

Collect together a series of objects that may / may not be useful for school. Create some discussion about which objects it may be a good idea to include, and why. This can lead into discussing strategies for supporting executive function (the ability to plan, prioritise and organise). These may include planners, post it notes, reminder lists, to do lists.

Suggested resources:

- A bag
- Pencil case
- Stationery
- Sanitary products (if appropriate)
- Emergency or help card
- Snack items
- Sensory items
- Headphones
- Planner
- Timetable
- PE kit
- Some items that obviously don't belong

Explore some of the examples above that may support executive function. See additional templates. This is a good opportunity to discuss how to organise yourself, perhaps by having a list of equipment for each day.

