Stop Spot



Use S.T.O.P before you go, and you'll regulate like a pro!

Hi I'm Stop Spot and if there's one thing you need to know about me it is that I'm fearless! This is great when I'm running a race or jumping to the rescue. However, doing ordinary tasks has proved difficult. My legs move so fast that my brain struggles to catch up and this has often led me into trouble.

Do you ever dive straight in without thinking? Once, I thought I saw a giant sand pit and I ran towards it as fast as I could only to discover that it was wet cement. I had already dived in head first and got stuck.

Now, I use my head in a different way - to think my way through a problem before I jump in head first!

Tick Tock Timmy



Stick to a time limit and set the pace: You don't have to be the first to finish - it's not a race!

I like to sing! It's my absolute favourite thing to do! But I can't stay in tune and the other animals on the farm would complain about the noise.

One morning I crowed my favourite song so loudly that it woke up the whole farmyard. Everyone was grumpy until later that day they realised that they had got everything done that they needed to do and had time to spare.

From then on, I was encouraged to sing every morning to wake everyone up early to get on with their day.

Ollie the Organiser



Keep clutter and rubbish apart from your treasure. Finding a place for each item will fill you with pleasure.

I love shiny things and I love collecting shiny things! But my collection started to get out of control. I couldn't even find my toothbrush.

I realised I needed a system to organise my collection so that I could find what I was looking for.

Now I have a place for everything- those places are even labelled. I have separate boxes for shiny metal, plastic, and glass. Everything has its own space.

How could you organise your things to make them easier to find?

Memorising Marvin



It's wise to mix new information with what you already know: Write yourself a list and you're good to go.

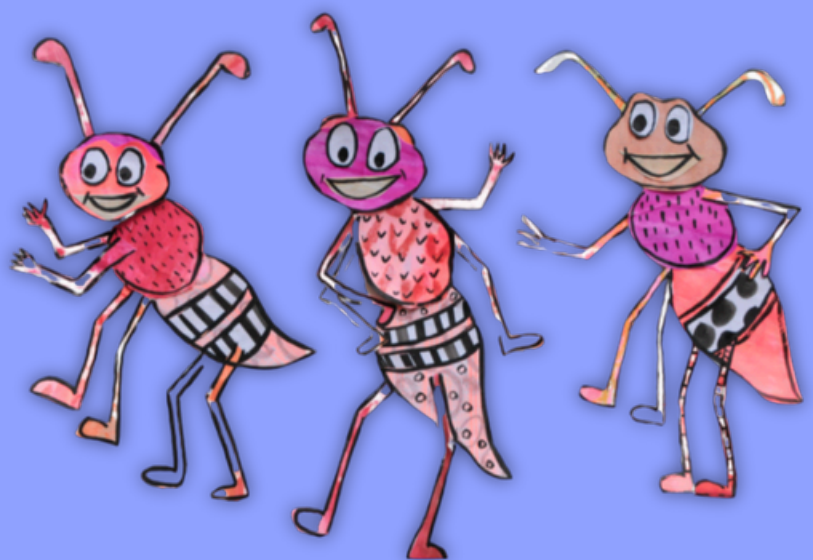
I may look small, but my memory is mighty! I have to remember so many different things.

Repetition helps me to remember what to do and when. I go over it again and again, dodging and diving.

When I used to go out to gather nectar, I'd go out without a plan. I would fly from flower to flower. One day I realised I had been flying around in circles, going to the same two flowers again and again all day long.

Now, I memorise my route and practise it so that I can go further and further without visiting the same flower twice and I get more pollen too!

The Get Going Gang



You can get tasks done when progress is slow: you can take it step by step - you just have to go.

Have you ever felt like you can't get started? That there are so many decisions to make that you would rather scurry under a rock? Well, we've all felt like that at one point while building our ant hill.

We found that when one of us is struggling to get started it's usually because the task feels too big and scary. To help each other out, we break big tasks into small achievable steps and tell each other something positive to give us motivation.

Now when we get going there's no stopping us. School work and chores shouldn't make you frown. When the task seems big, break it down!

The Keep Calm Crock



Don’t let negative voices fill you with alarm. Take a deep breath; walk away until you feel calm.

I used to find it difficult to control my emotions. The slightest thing would make me snap.

But then I realised that I was the one in control. I could choose what I tell myself in difficult situations and how I respond.

Do you ever have an annoying voice in your ear that just won’t go away? I do; his name is Perry. He helps me out by eating the insects that irritate my scales but he talks non-stop. This used to really annoy me but now I realise - he’s helping me!

So now rather than snap, I take some deep breaths. This helps me calm down.

Penny Planner



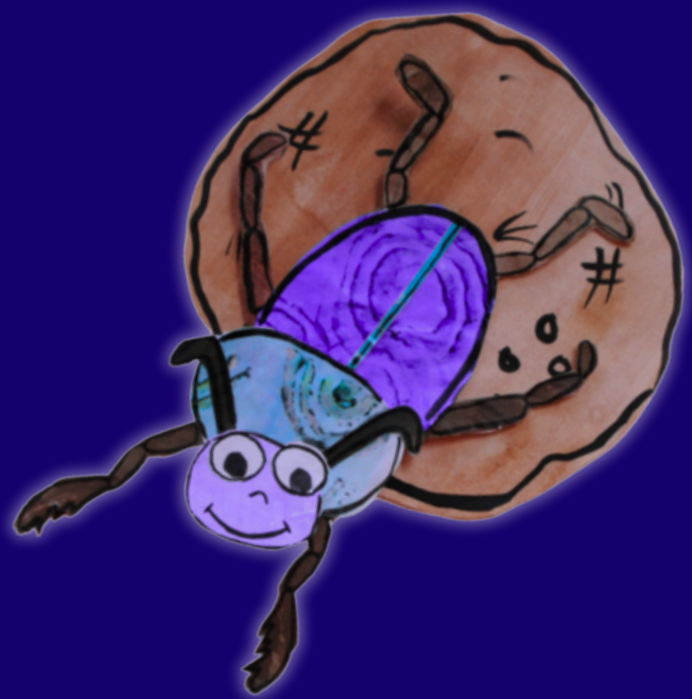
Planning can be rewarding and fun. It doesn't have to be perfect - just get it done!

Every year, I forgot where I stored my nuts, wasting time searching before giving up and starting over. This wasn't a productive way to begin hibernation!

So, one year, I made a checklist for winter prep, cleaning my den, and gathering leaves to keep me warm. Then I ticked off each task one at a time in order of importance - always the most important task first! I even mapped my hiding spots.

The next year, other squirrels wanted my list, which I gladly shared - and I will help you too. But I will never reveal where I've hidden my nuts!

See it through Sam



There's nobody standing in your way but you. Break it down to smaller steps and you'll see it through.

It's not everybody's cup of tea; pushing an enormous ball of dung up a hill. But I'm actually the world's strongest animal! When moving balls of dung, I can pull a whopping 1,141 times my own bodyweight – that's the same as a human dragging six full double-decker buses along a road!

Just because a task seems enormous, it doesn't mean it's impossible.

The ball didn't start off this big, in fact it was really small, but I rolled and pushed and rolled and pushed until, ta-da! A giant ball of dung!

Focussed Freddie



When I lose my focus and struggle to stay on track. I remind myself, it's nearly over, and soon I can have a snack!

When I was a young cub, I was so excited to go hunting but I couldn't sit and pay attention. I got distracted by everything around me and didn't react quickly enough to catch anything. All my friends and family would get cranky with me.

So, my dad took me aside. First, we went on short trips. He encouraged me to sit and wait for a short amount of time. Each time we went out, I would sit for longer and longer.

Now I can sit for a whole hour! I've become an expert at hunting for things that could cause a distraction and I warn the other lions to be aware of these so they can stay focussed.

Eve-Owl -Ulate



If you're not making progress and want to know why: Ask yourself for a WWW and an EBI.

In the forest where I live, I am famous for catching naughty mice (don't worry, I let them go, well..., most of them...).

Animals think I can see things that others can't because of my binocular vision but I'll let you in on my secret. It's all about self-reflection.

I am extraordinarily good at catching mice because I ask myself two things: What went well? And can you think of an even better if..?

Asking myself these questions helps me identify what is going well and what isn't. I can think about what I would do differently next time I experience a set-back or mistake.

Ad-Aptable



Don’t give up when things change, think, think - rearrange!

You’d think I’d be a pro at adapting to change - I do it all the time!

I used to struggle when plans didn’t go as expected. Once, I planned a big birthday party with a barbecue and outdoor games, especially looking forward to playing Rounders. But on the day, a tropical storm made it impossible. Frustrated, I moved the party up into the tree branches, convinced it wouldn’t be any fun. But that night, fireflies lit up the sky, creating a magical light show. It was more special than I had imagined.

Now, when plans change, I don’t dwell on disappointment - I look for the unexpected joys that might come instead.

Planning and Prioritisation

The ability to create a plan, make decisions and prioritise for task completion



Penny Planner

connections in mind

WHAT CAN I DO?

Use a checklist for tasks

Use the Eisenhower Matrix

Create a visual schedule

connections in mind

Metacognition

The ability to self-monitor
and self-evaluate



Eve-owl-uate

connections in mind

WHAT CAN I DO?

Keep a journal

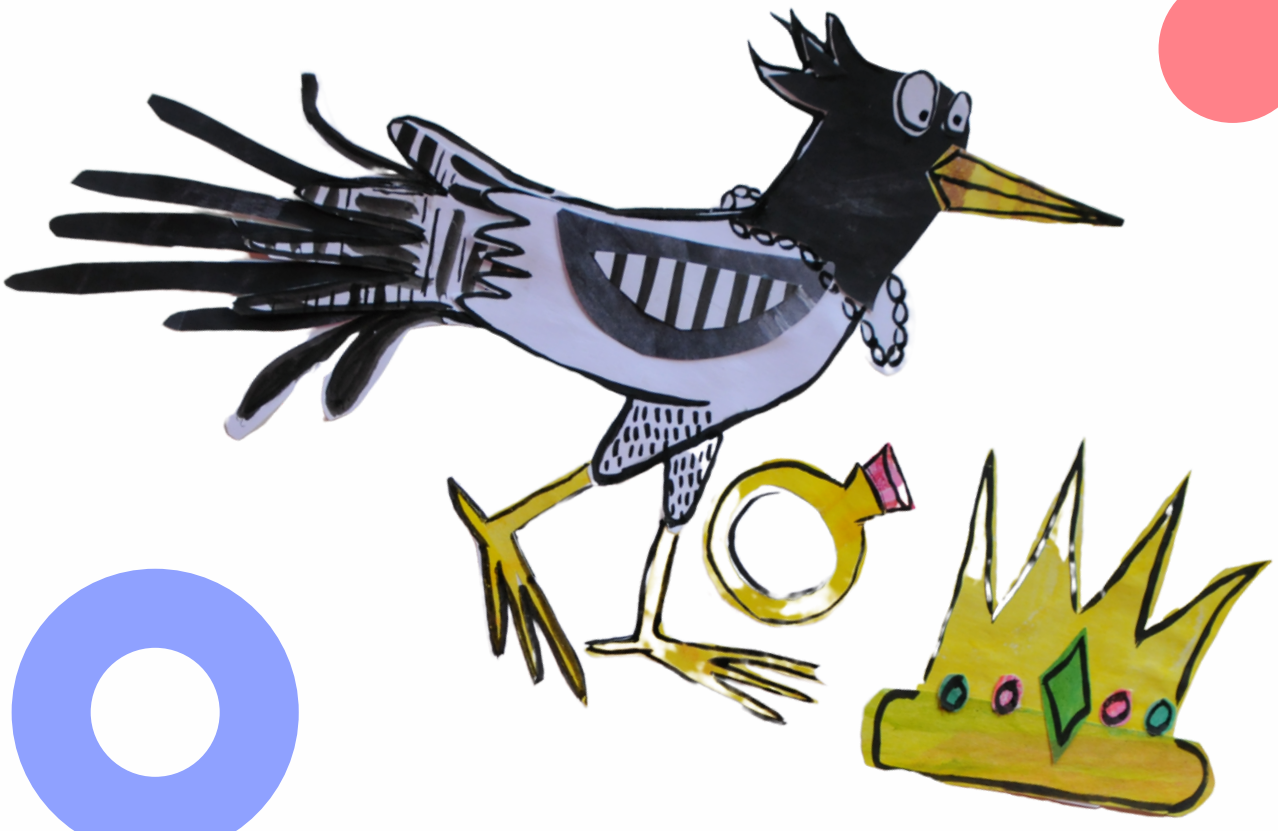
Ask myself,
‘What went well?’
WWW
'Can I think of an
even better if...?’
EBI

Ask for feedback

connections in mind

Organisation

The ability to design and maintain systems for tracking information and materials



Ollie the Organiser

connections in mind

WHAT CAN I DO?

Keep things where they belong

Create spaces to keep things

Limit the amount of materials on a work desk

Working Memory

The ability to hold information and past experience/learning in mind whilst performing tasks



Memorising Marvin

connections in mind

WHAT CAN I DO?

Use a checklist

Make a plan

Repeat instructions to myself

Play memory games

connections in mind

Flexibility

The ability to revise a plan in the face of obstacles, setbacks, new information or mistakes. Flexibility involves adaptability to changing conditions



Ad-aptable

connections in mind

WHAT CAN I DO?

Use positive statements such as, 'I can handle this'

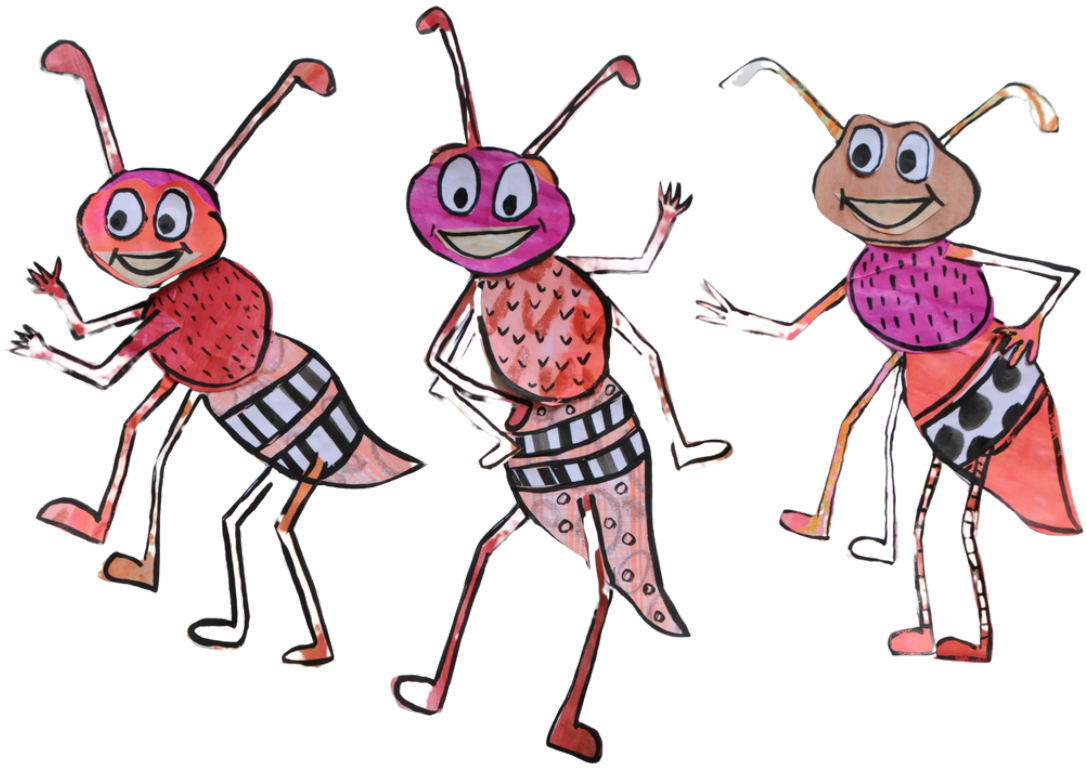
Celebrate mistakes - look for the positive in a mistake

Think of a backup plan

connections in mind

Task Initiation

The ability to get started on tasks sooner



The get-going gang

connections in mind

WHAT CAN I DO?

Set a timer

Ask someone to remind me

Divide the task into smaller chunks and set mini goals

Emotional Control

The ability to recognise and regulate emotions in order to achieve goals, complete tasks and direct behaviour



Keep Calm Crock

connections in mind

WHAT CAN I DO?

Have a break

Take some deep breaths

Have a snack

Regularly check in with how you are feeling

connections in mind

Time Management

The ability to move appropriately from one situation to another and the capacity to estimate and use time effectively



Tick-tock Timmy

connections in mind

WHAT CAN I DO?

Use a timer

Create a schedule

Estimate and time how long a task will take

Sustained Attention

The capacity to attend to a situation or task in spite of distractibility, tiredness or lack of interest



Focused Freddie

connections in mind

WHAT CAN I DO?

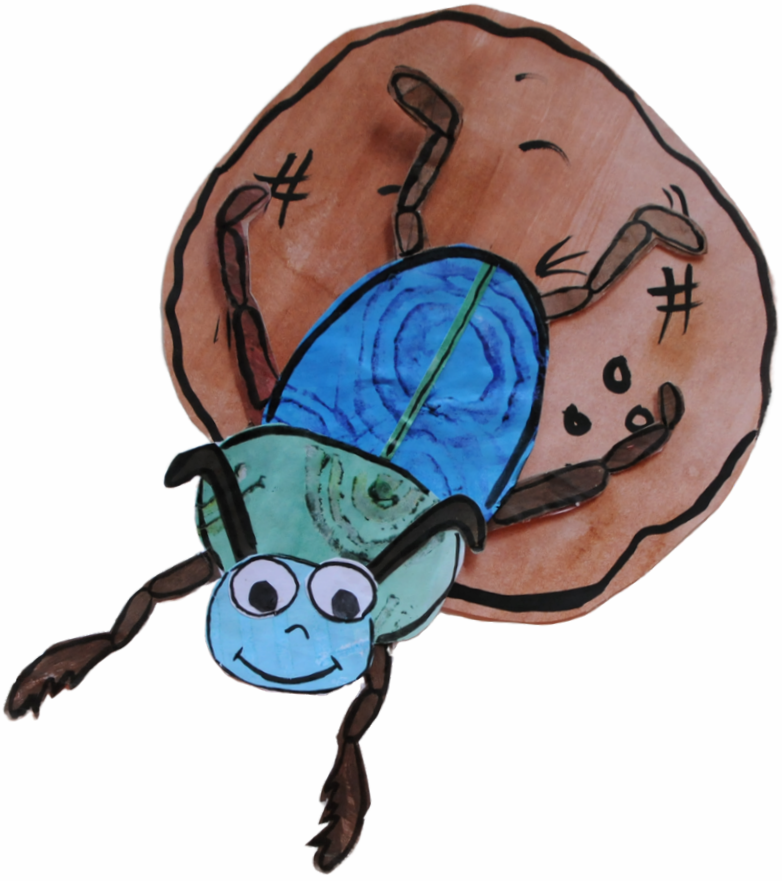
Remove distractions

Find a quiet place to work

Turn off your phone

Goal Directed Persistence

The ability to persevere and follow a task through to completion



See it through Sam

connections in mind

WHAT CAN I DO?

Break the task down into smaller steps

Reward yourself

Create a checklist

Response Inhibition

The ability to stop, think and evaluate before you act



Stop Spot

connections in mind

WHAT CAN I DO?

Count to 3 before I answer

Raise my hand and not call out

S.T.O.P

Slow down

Take a breath

Obstacles - What could go wrong?

Plan and put it altogether

connections in mind