If-Then Goal Strategies

Grade 5 | Psychology | Executive function | Ink-Saver B&W

Learner: _____ Date: _____

An if-then plan pairs a clear cue with a helpful action. Choose or write realistic plans that use support without blaming yourself.

TRY IT

Complete all six prompts. You may write, point, explain aloud, or use a scribe.

1 **If I am stuck for 5 minutes, then I will _____**

_____

2 **If my space feels distracting, then I will _____**

_____

3 **If a task feels too large, then I will _____**

_____

4 **If I forget a direction, then I will _____**

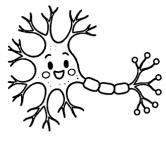
_____

5 **Circle the clearer cue: later / after lunch**

_____

6 **Write one if-then plan for this week: _____**

_____



Grown-up check: Answers vary. Helpful actions may include checking an example, asking for help, changing location, using a short timer, taking one small step, or rereading directions; after lunch is the clearer cue; final plan includes a specific cue and realistic action.

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