Break Down a Long-Term Project

Grades 7-8 | Executive function | Flexible support

Learner: _____ Date: _____

Choose one project. Work backward from the due date and define small steps, supports, breaks, and a backup plan.

PROJECT, GOAL, AND DUE DATE

SMALL STEPS IN ORDER

TIME, ENERGY, AND SUPPORT NEEDS

CHECK-IN DATE AND BACKUP PLAN

Grown-up note: Plans should be realistic, flexible, and adjusted when energy or access needs change. One small clear next action is enough to begin.

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