



## Help!

**My child is so messy and loses everything!**

### Underlying Skills



#### Organization

Having systems in place to keep track of materials and information.



#### Planning & Prioritizing

Having a roadmap to reach a goal or complete a task and deciding which tasks are important to focus on.



#### Task Initiation

Knowing how to begin things in a timely manner.



#### Goal Directed Persistence

Following through to complete a goal without being distracted by other things.

### Strategy

#### The Backpack Map

- 1. Empty & Sort:** Help your child empty everything out of the backpack and sort items into different categories (Books/binders, electronics, writing utensils, garbage, 'to be filed' etc.)
- 2. Find a Home:** Help your child give each group of items a compartment of the backpack. Give your child a pocket folder to store loose papers that need to be signed, returned to school, or filed.
- 3. Create & Label:** Have your child draw a picture or take a picture of the backpack and label each compartment with what 'lives there. Leave space in case you need to add items as time goes on.
- 4. Display & Plan:** Post your map and plan a daily or weekly organization time. Ensure your child does an Empty & Sort each time so that garbage gets thrown away and important papers can be signed or filed away.



## MY BACKPACK MAP

Binders, books, agenda  
and Home-School  
Folder for loose papers

Water bottle

"I can use my Backpack Map to  
organize my backpack"

"I can take \_\_\_\_ minutes to  
organize my backpack every  
week"

"Keeping my backpack  
organized helps me stay  
organized!"



Gym clothes in  
ziplock/smaller bag

Keys on retractable  
keychain (tucked inside  
pocket)

Pencil case and phone

Masks in ziplock/pouch

Ziplock marked "Dirty"  
for used masks

## More Tips

- ✓ Use smaller bags to store things like gym clothes and writing utensils within each compartment.
- ✓ Help your child empty and sort at first and use the map to prompt them to organize things themselves.
- ✓ Play music or set a timer to stay on task and make organization time more fun.
- ✓ Create and use a "map" for any area that needs help getting organized including room, desk, locker or binders.