



Holiday Assignment Catch-Up Planner

For Students & Parents

*A calm, realistic way to reduce stress and
build independence during school breaks*





Step 1:

Assignment Reality Check

Get everything out of your head and onto paper.

Subject	Assignment	Due Date	Status	**What Needs to Be Done?
			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	
			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	
			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	
			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	
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			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	
			<input type="checkbox"/> Not started <input type="checkbox"/> In progress <input type="checkbox"/> Almost done	

****What Actually Needs to be Done****

- A) Required to pass B) Partial credit possible C) Optional / can be dropped
D) Teacher contact needed



Step 2:

Understanding the Block

Avoidance is information, not failure.

What is really preventing me from starting?

- I don't know how to start
- It feels too big
- Expectations aren't clear
- I'm embarrassed it's late
- I feel overwhelmed
- I don't want to think about school right now



Parent Note:

If your instinct is “just do it,” pause here. This section explains why that hasn't worked.



Step 3:

Choose First Wins

Momentum matters more than difficulty.

Instructions: Choose 1–3 assignments that:

- are small or partly done
- will bring quick relief
- are realistic to finish

First Wins:

1. _____

2. _____

3. _____

Do not start with the hardest task.





Step 4:

Create a Break-Friendly Plan

Days I'm willing to work on school:

Days I'm not working on school:

Breaks should still feel like breaks.

Plan Each First Win *(can be repeated for each assignment)*

Assignment: -----

Minimum version I'll complete (good enough):

Day & time: -----

Time limit: 25 min 30 min 45 min



If I get stuck, I will: -----



Step 5:

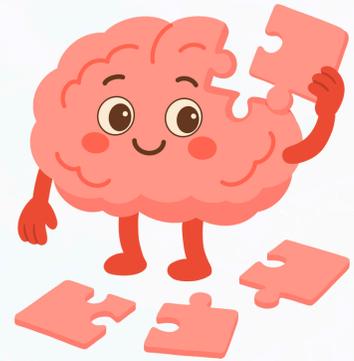
Define “Finished”

What does “done” look like for this assignment?

Parent Support Checklist

Parents help most by:

- Asking “What’s your plan?”
- Respecting agreed work times
- Not fixing or rewriting work
- Praising effort and follow-through





Step 6:

Reflection (Optional)

Student:



- One thing I'm proud of:

- One thing that helped:

Parent:

- One thing my child did well:

- One thing I'll do differently next break:

