

Cognitive Tools For Children



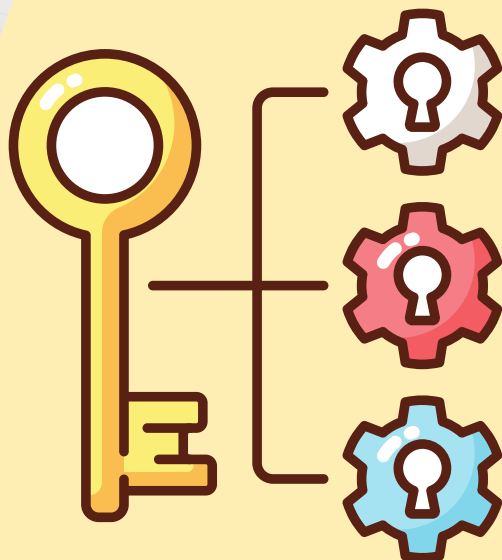
WAYS TO HELP CHILDREN WITH EXERCISING
THEIR COGNITION AFTER CANCER
TREATMENT

Memory Boost

Memory Reminders

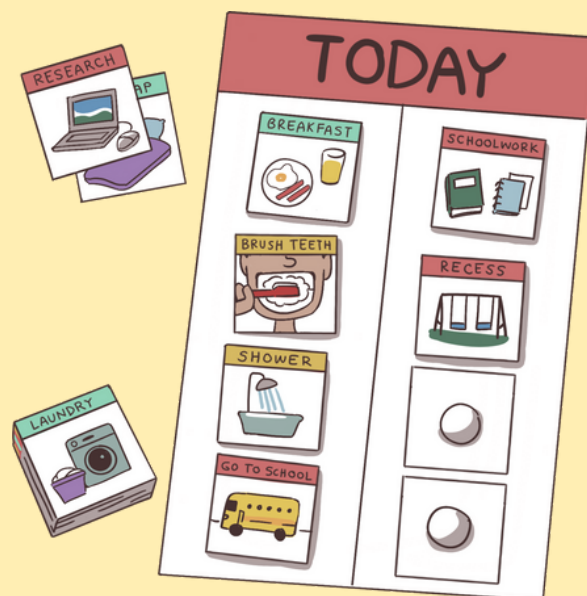
Alarms, timers, or notes on a whiteboard can help kids remember important things.

Do not forget



Breaking Tasks into Steps

Big tasks can be hard, so breaking them into small steps makes them easier to do.



Visual Schedules

A daily or weekly schedule with pictures can help kids remember what to do next.

Organizing Ideas

Charts, drawings, or story maps can help kids organize their thoughts and remember things better.

Staying on Task

Movement Breaks

Short breaks to stretch or move can help kids focus better during long activities.



Working in Short Times

Doing work in small time blocks (like working for 25 minutes, then taking a 5-minute break) can make tasks feel easier.

Sensory Breaks

Squeezing a stress ball or using a fidget tool can help kids stay calm and focused.



Staying Organized



Checklists and Self-Checking

Kids can use checklists or charts to keep track of what they need to do.

Setting Goals

Helping kids make small goals and take steps toward them can keep them motivated.

Using Timers and Clocks

Timers, clocks, or color-coded schedules can help kids manage their time.



Social & Emotional

Social Stories

Short stories that explain different situations can help kids understand how to interact with others.

Speaking Up for Themselves

Kids can learn how to ask for help and talk to teachers or friends when they need support.

Coping Skills

Teaching kids ways to stay calm, like deep breathing or using their imagination, can help with stress.



Academic Support

A stylized illustration of a tablet device with a teal frame and a black home button at the bottom. The screen is white and contains text.

Technology Help

Tools like voice-to-text, recording devices, or apps can make schoolwork easier.



Special Writing Tools

If writing is hard, kids can use special pencils, grips, or a keyboard to help.

A stylized illustration of a chalkboard with a green background and a pink border. It features a star in the top left corner, a star in the top right corner, a pencil icon on the left, and a ruler on the bottom right. There is also a small pink container with pencils on the bottom left.

Classroom Changes

Sitting in a quieter spot, using noise-canceling headphones, or getting extra time on tests can help kids do their best. Remember to always advocate for open communication between the parents, child, and teachers.