



## Wrist List #3: Wrist Checklist

This wrist list is the simplest. It is a basic “To-Do” list, the kind many people use every day, with two additions:

- 1) It is attached to the wrist, so it is always at the **point of performance**.
- 2) It includes a built-in motivator: the last item is something that the child wants to do (play a game, go outside, have a snack, watch TV, read a book.)

### **MATERIALS NEEDED:**

Copy and cut out one of the wrist lists on the next page.

### **How to use the *Wrist Checklist*:**

1. On the list, the coach writes down the tasks to be done, breaking them down into no more than five small steps. (The final item on the list can be a “reward” activity. )
2. Circle the list around the child’s wrist and tape the ends together, with the list facing out.
3. The child completes the assigned tasks in the order on the list. After the child completes all of the items, remove the list. The child and coach should then go over the list together, placing a check by each item successfully completed.
4. If all items are checked, the child is allowed to do the final activity.

**Alternate uses:** The use of a checklist is an excellent habit for children to acquire early in life. Look for a variety of opportunities to use the wrist checklist. The more the child practices its use, in different situations, the better.

Some ideas for using the wrist checklist are:

- Have the child run errands with the parent, and assign the child the job of writing the checklist and reading it to the parent as they progress through the errands. Make the last item something fun—a stop at the park, a visit at grandma’s.
- Have “chore day” at home and use wrist checklists to divide up the chores—one wrist list for each person. Make the final activity a family get-together (for example, make some popcorn and play a game together.)
- Use the wrist checklist for planning and executing the steps for a fun activity such as getting ready for a party or a family movie night.

### **The Power of the Humble Checklist!**

If you read some of the the many books, articles and web-sites offering advice to adults with ADHD, you will find that using a humble checklist is one of the top suggestions. There’s a reason for this: as simple as they are, checklists work!

Research backs this up. A study at hospitals in Michigan found that enforcing a five-step checklist of anti-infection measures cut the infection rate at intensive care units by 66%. They estimated that over 18 months, the use of the checklist saved many lives and millions of dollars.\*

\*Gawande, Atul, *A Lifesaving Checklist*, **The New York Times**, December 30, 2007.



Go!


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6.  \_\_\_\_\_

Go!


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6.  \_\_\_\_\_

Go!


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6.  \_\_\_\_\_