



Make a List!*

We all usually feel *calmer, happier, and more energetic* when we write down things we need to remember. It helps un-clutter our minds and it creates “brain-space” for new ideas. Children benefit greatly from the simple act of making a list. It’s an *organizational* trick they can apply to their schoolwork and their lives. It teaches them to take personal responsibility and be prepared. And it’s *fun to brainstorm* lists together as one person writes down the ideas that others give!

Here are tips for doing this:

- 1) You or your children can handwrite lists or keep them on a computer. Some lists are reusable (like what to pack for an overnight visit). Others *change* each week.
- 2) Think about what kinds of lists would make your lives *easier*. Start them now, add to them as you think of new items, and let your children see you using them! Here are some suggestions:

Gift ideas

School projects, household chores

Things that need to be done for the day, the week, or the weekend

What to pack for a trip or overnight slumber party

Favorite family meals (for when you can’t think of what to make for supper)

Birthdays of family members and friends

Lunchbox food ideas, a picnic supplies list, or a grocery-store list

People to call in emergencies

Things you want to do in the summer or on vacation

Books, CDs, DVDs, video games, movies you borrowed or loaned

Stores that carry things you need

Things needed for a birthday or holiday celebration

- 3) Kids may want to *create their own lists* of things like friends’ names, addresses, and phone numbers; toys or games they like; things they want to do or make, and so on.
- 4) We recommend you put family lists in a central place like the **Tools & Resources** section of your **WAY TO GO!** FAMILY LEARNING JOURNAL™.



“When you write things down, you know they’re in a safe place and you’re free to think of something else. When kids learn to make lists of what they need to do, it’s easier for them to manage their homework. I enjoy using lists and checking things off!”

— *Grandma Anna*

**Make a List!* supports the English-Language Arts Content Standards related to writing strategies, organization, and focus.
Next month, go to www.familylearningjournal.com for a new Family Activity!

