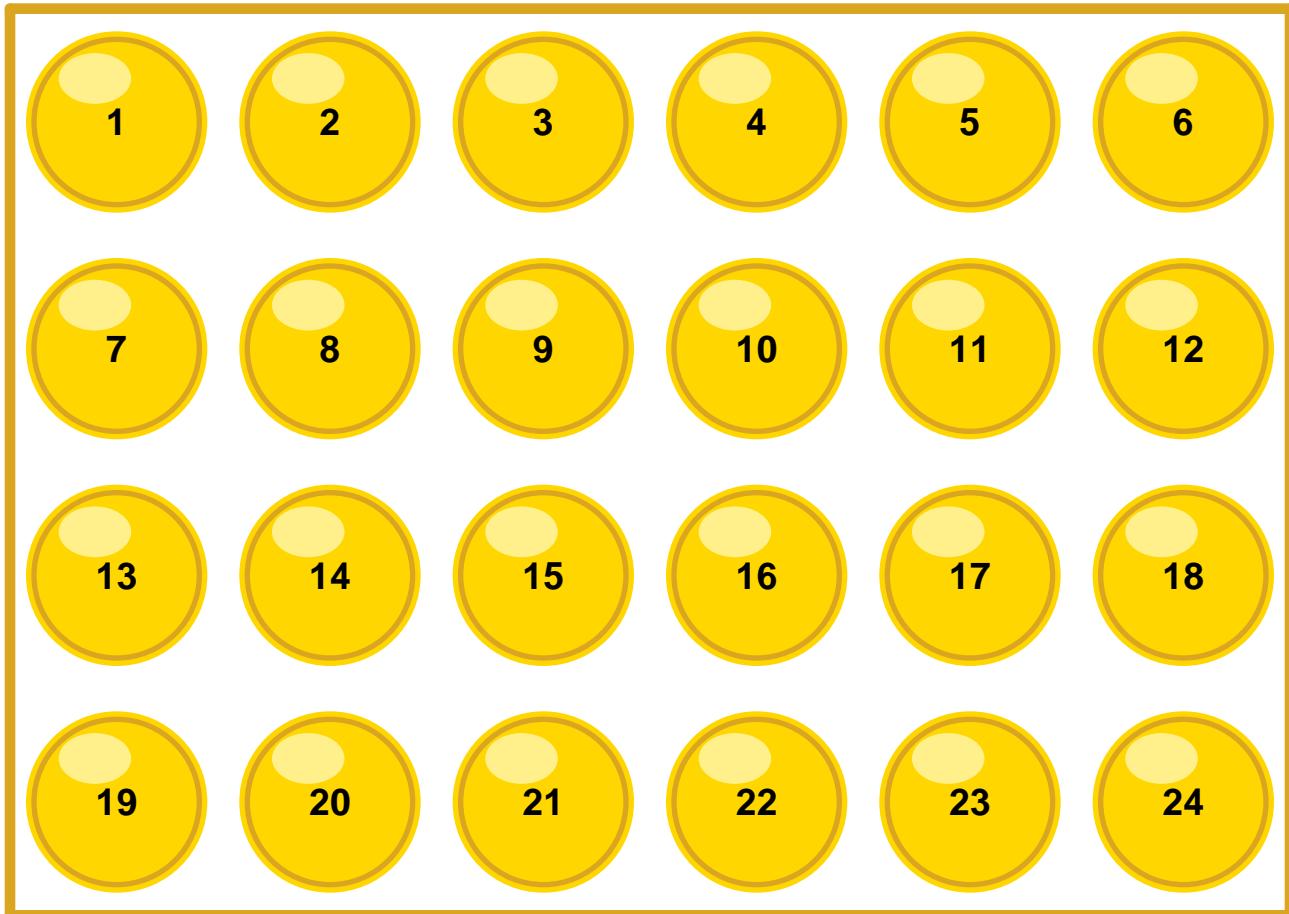


# Brain Drain Worksheet

Write or draw everything that's on your mind or needs to be done.

# Golden Hour Scheduler

You have 24 golden coins, each worth one hour of your day. Fill them in with your tasks.



# Usage Guide for Golden Hour Activity Packet

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## Brain Drain Worksheet

**Goal:** Help children unload all their thoughts and tasks.

**How to Use:**

1. Give the child the worksheet.
2. Read the instruction aloud: "Write or draw everything that's on your mind or needs to be done."
3. Encourage the child to fill the boxes with words, doodles, or symbols.
4. Once complete, review together: Which items are important? Which can wait? Which are just thoughts?

## Golden Hour Scheduler

**Goal:** Teach time management using visual golden hours.

**How to Use:**

1. Explain that each coin = 1 hour of their day. They have 24 golden hours to spend.
2. Read the instruction aloud: "Fill each coin with a task or activity. Spend your golden hours wisely."
3. Help the child transfer tasks from their Brain Drain sheet into the coins.
4. Reflect together: Did they use time for school, fun, rest, family? What happens if they run out of coins?

## Therapist Tips

- Use language prompts (first, next, last; before/after).
- Practice time concepts (morning, afternoon, evening).
- Encourage problem-solving (What if you need more time? Which coins could you reassign?).