



Task Initiation

By Putri Wanna

What is Task Initiation?

- Task initiation is the ability to start a task.
- It includes overcoming procrastination and getting started on tasks even if you don't want to do them.



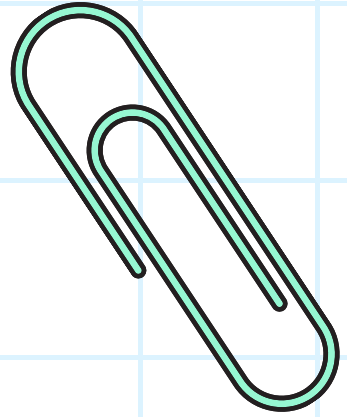
Possible Challenges

- A student is putting their head down when it is time to begin work independently.
- A student who finds other things to do when it's time to work, such as sharpening a pencil multiple times or getting a drink.
- A student who says, "I don't know what to do," even if directions were just given.
- A student who just doodles on their paper instead of completing the task.
- A student who is frustrated when trying to start their work.



CHALLENGE

Possible Intervention



Explicit instruction



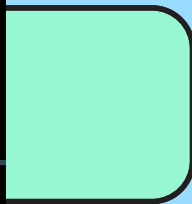
Use a timer



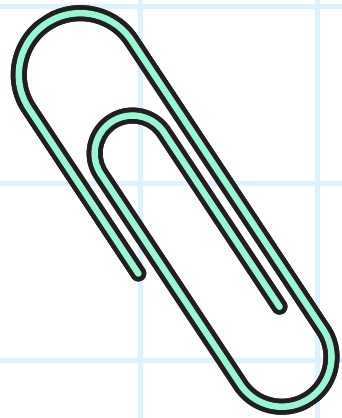
Develop areas of student interest



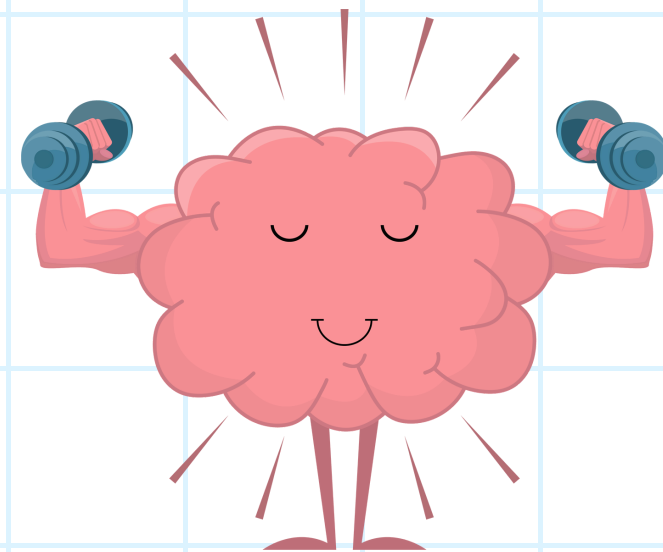
Oral and visual instruction



Possible Intervention



**Rocket Ship
Countdown**



**Reduce most
challenging work**

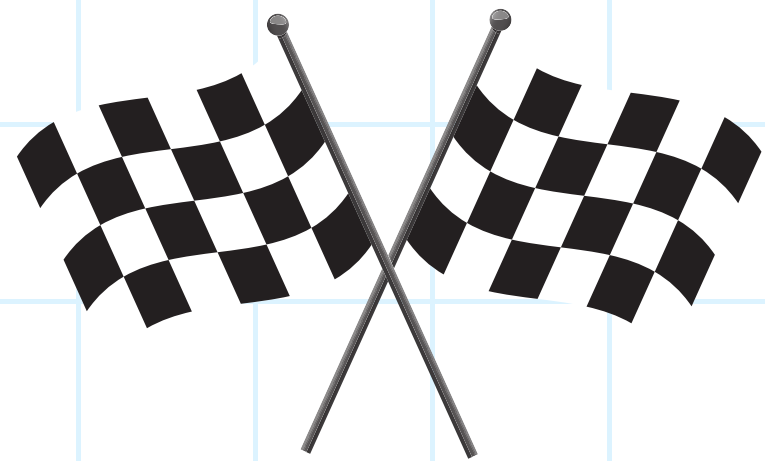
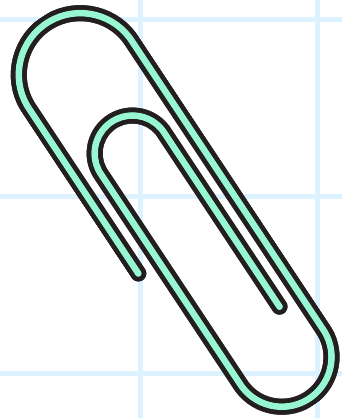


Peer mentors



**Brain breaks when
needed**

Possible Intervention



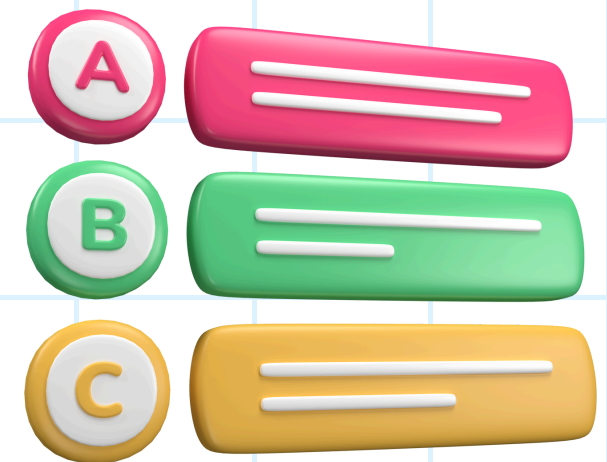
Create a fun race



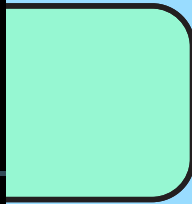
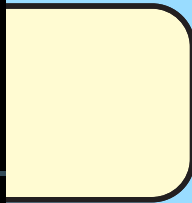
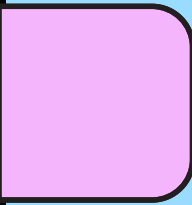
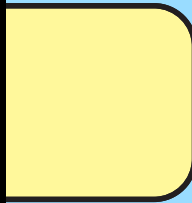
Take turn writing



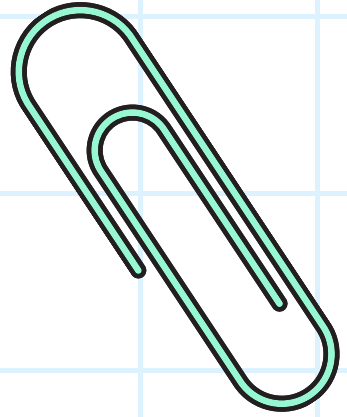
Work contract



Student choices



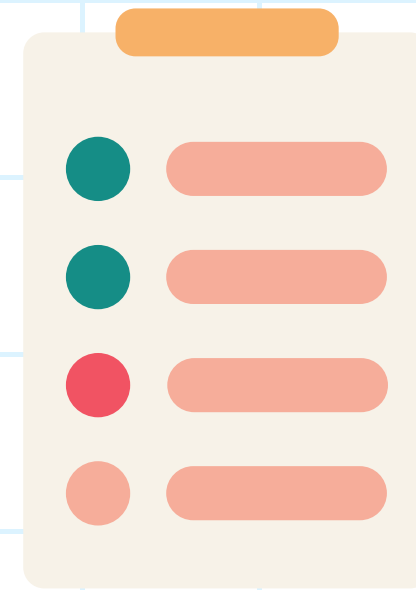
Possible Intervention



Use a check list



KISS (Keep It Super Simple)

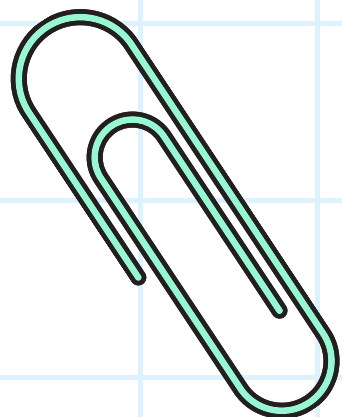


Chunking
(break down the task)



Eliminate
Distraction

Possible Intervention



Eliminate anxiety



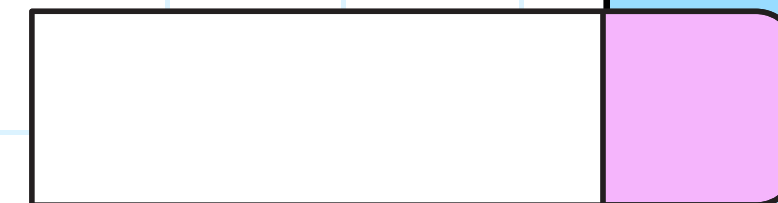
Brain break



Ask for help



Reward system



Resources

- <https://www.thepathway2success.com/interventions-for-executive-functioning-challenges-task-initiation/>
- <https://www.theottoolbox.com/task-initiation-executive-functioning-strategies/>
- <https://ot4adhd.com/2022/10/18/task-initiation-and-adhd-strategies-and-support-for-getting-started/>
- <https://www.smartkidswithld.org/getting-help/executive-function-disorder/ef-skills-task-initiation/>
- <https://www.brainbalancecenters.com/blog/self-regulation-and-task-initiation-strategies>
- <https://www.foothillsacademy.org/community/articles/lets-get-started>
- <https://www.ascendlearningcenter.com/blog-highlights/ef/taskinitiation>

