

Homework Launchpad

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Plan a workable place, time and first steps for starting homework.

Starting can take more energy than the task itself. A launchpad brings together what you need before you begin. You can adjust the location, movement or noise level; there is no single best setup for every learner.

Your steps

1. Choose a workable place and time, not an ideal one.
2. List the supplies and supports you need.
3. Plan for one distraction.
4. Choose three tiny starting actions and a support request.

1. Build my launchpad

Use a drawing or short phrases. No home address or private details needed.

WHERE · useful space	WHEN · realistic start
WHAT · materials I need	COMFORT · light, movement or quiet choice

2. Distraction plan

Choose two possible snags and practical responses.

Example: missing pencil · set one out first · ask to borrow one.

Possible distraction	What I can change	Backup if needed
Around me		
In my task		

Homework Launchpad · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Three, two, one: start

Make each action small. Ask for a specific kind of help.

Step 1 · get ready

Step 2 · open / read one part

Step 3 · try one small piece

Family request: “Could you help me by...?”

My next step

I will test this launchpad on... and notice...

Optional stretch · Grades 6–8

Compare two spaces or start times. Track which reduces starting effort and explain why.

Optional teacher / parent follow-up: Agree on supports without taking over the task. Allow alternate formats or movement while working.