

Questions to Ask Yourself About **inertia**...

Reminder: On page 8 there is a blank page for you to use for extra space!

1) Do I experience **inertia**? Circle one.

Yes

No

I'm not sure

2) If yes, I experience **inertia**... Circle one.

a) Everyday

b) Every week

c) Every month

d) Less than the above

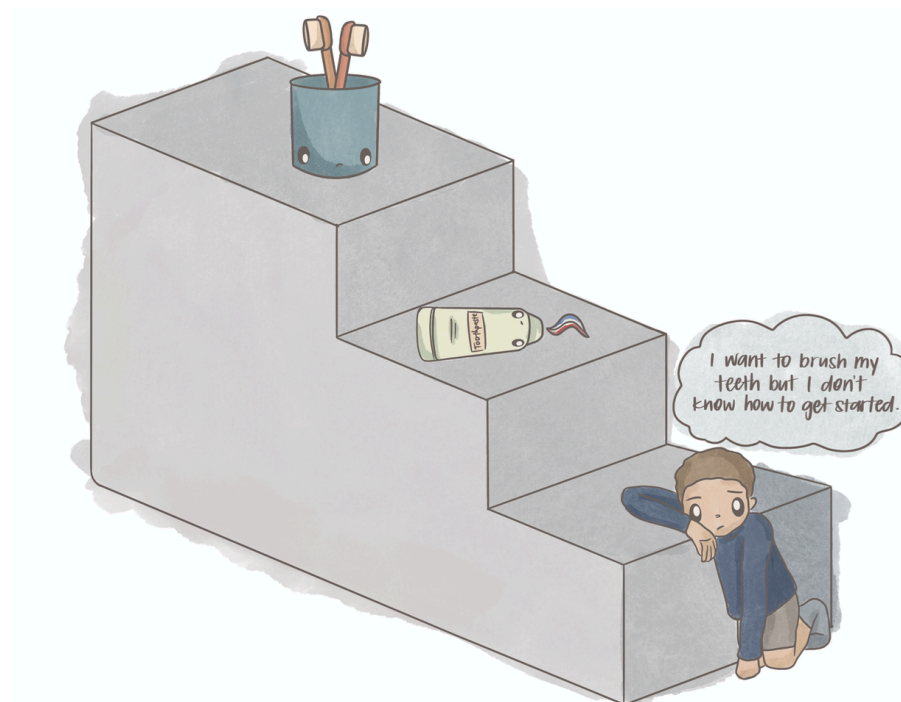


3) What are some situations where I experience this?

4) What does **inertia** feel like to me? (e.g., nervous energy, tenseness, frustration)

- 5) **Some thoughts I have during inertia are...** (e.g., it's hard to think, I can't start this task)

- 6) **What things are hard for me when I experience inertia?** (e.g., playing with friends, getting work done)



Strategies Other Kids Found Helpful with Inertia...

- **Make step-by-step charts** for important activities that are sometimes impacted by inertia (e.g., steps of taking a shower with simple pictures and words to follow)
- **Make a check-list for specific routines** (e.g., if getting yourself ready for school and out the door is hard, writing out your morning routine might be helpful)
- **Tap your hands or twirl something in your hands** if they feel numb
- **Rock or pace to get yourself moving**
- **Play music to help get yourself moving**
 - Some people like to play music as soon as they wake up to help them get out of bed
- **Plan your days** so it is sometimes OK to do the same thing for a long time
- **Talk yourself through what you need to do to start something...** “All you need to do is sit up, sit on the bed. All you need to do is sit on the edge of the bed, stand up... walk out of the bedroom to the bath” etc.
- **Have a very set routine** (e.g., a weekday vs. weekend routine, morning routine, night routine)
- **Use your environment as a “cue” to start an activity**
 - Like going to a library – where other people are reading or writing – while you do homework

- **Have a “stuck buddy” to text** – text them “I’m stuck” then talk and make a plan
- **Have expectations set by others for you** (e.g., being expected to help shovel the driveway)
 - Scheduling activities or being needed by others can be helpful for some people (but for others this can add pressure, which makes inertia worse!)
- **Some people find a physical prompt, touch, or gentle “nudge” helpful** (but other people do not like this)
- **Time sensitivity is helpful for some people** (but for others this is not helpful)
 - E.g., Having to be at a certain place at a specific time to unlock the door for a group meeting or going to an appointment
 - E.g., Having clear and definitive deadlines- you can create smaller deadlines either with a parent or teacher to have accountability, while also breaking down a larger task into easier chunks!
- **Have scheduled activities for things you need or want to do** – once a week, once a month, etc.



My Plan for Inertia

Reminder: On page 8 there is a blank page for you to use for extra space!

My Own Strategies:

- 1) I will watch out for **inertia** during these times or activities...

- 2) **List 1 or 2 planned strategies for times you get stuck** (e.g., I will make a visual schedule for getting dressed in the morning)

- 3) If I unexpectedly have a hard time starting something, **an in-the-moment strategy I will try is...** (*List one or two*)

- 4) Thinking about the space around me, **here are some things that might set me up for success...**(e.g., bright, dark, quiet, cold)

- 5) **A word or phrase I can say to myself that might help is...**

My Support Strategies (Parents/Teachers):

- 1) **If I seem stuck or unable to start an activity, a grownup should** (e.g., things they should say or do)...

- 2) **Some strategies that are helpful to me are...** (e.g., alarms, lists, calendars, doing the first step of a task for me or with me, coaching me through hard tasks, checking in, physical prompts)

- 3) **Some strategies that are NOT helpful to me are...** (e.g., alarms, lists, calendars, physical prompts)

Inertia: Blank Work Page

Use this page if you need more room for words and pictures!

Doodle Page

If you would like, use this page to doodle during your breaks!

