

The Backpack Map



Help with organization and executive functioning skills

Resources in Partnership with Bright Lights Psychology

Step One

Empty + Sort

1. Empty the backpack
2. Sort items into different categories



- Books + binders
- Electronics
- Writing Tools
- Garbage
- Give to Parents/Teacher
- Lunch

Step Two

Find a Home

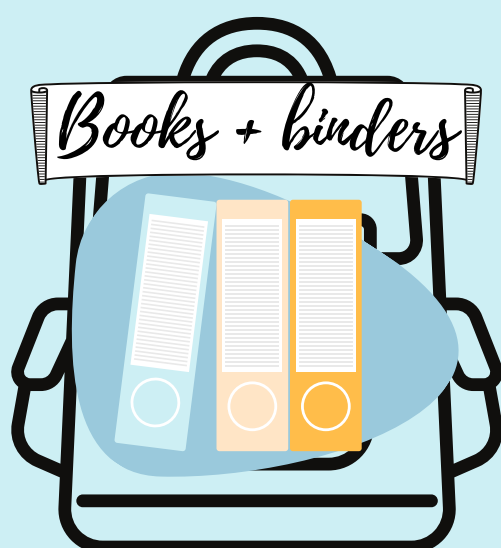
1. Help your child find a space for each category.
2. Have clear pocket folders to hold loose papers



Step Three

Create + Label

1. Have your child draw a picture or take a photo of the backpack organized.
2. Label each compartment



Step Four

Display + Plan

1. Post your BACKPACK MAP so your child can see it daily
2. Do the empty + sort each night and remove garbage!

