

Triggers for Teenagers

Here are some examples of jobs or tasks you may need to complete. Use it when completing your Daily Mind Dump.

School: Jobs to be completed at school

- Take back library books
- Hand in signed note
- Remember sports shoes
- Buy new maths textbook
- Sign up for Cross Country team
- Find out when trials are for soccer team

Study: Jobs relating to homework, assignments and exam revision

- Buy new folder
- Find protractor
- Get new batteries for calculator
- Complete overdue assignment
- Look for past papers on History exam

Personal: Jobs relating to yourself, your family and friends

- Make bed
- Wash car
- Buy birthday present
- Go shopping with friend
- Make up an excuse to get out of grandma's 70th birthday party