

Workshop 3: My To-Do List

Duration of activity:

- Approximately 30 minutes

Objectives:

- Help your child gradually go through the steps of the move
- Involve your child in the move
- Give your child a feeling of control over packing their own personal items

Materials required:

- Pencil crayons
- Glue stick
- Tape
- Cardboard boxes (different amounts and sizes according to the contents to be packed)
- To-do list
- Pictures of the box contents to colour

*You will need access to a printer. There is a printer available at low cost at the Valcartier Military Family Resource Centre.

Steps for making a to-do list:

1. With your child, choose the type of to-do list they want to use.
2. Identify the items in their room that they can pack up.
3. Fill out the to-do list with the main objects your child wants to pack in the boxes. (The other items will be packed by the movers.) If needed, colour the list.
4. Use the coloured picture list to identify what is going in the box, draw your own pictures or write the box's contents (for older children).
5. Glue the pictures on the box or write the box's contents directly on the box.
6. Take each of the items identified on the list and place them in the appropriate boxes.
7. Check off the to-do list as the box is filled.
8. Repeat the process for each new to-do list.

*Help your child with each step, but let them make their own choices and pack their items at their own pace.

Sample things to include on your to-do list:

<p><u>Toys:</u> Stuffed animals, dolls, robots, blocks, plastic animals, figurines, puzzles, board games, dollhouses, etc.</p>
<p><u>Clothing:</u> Long-sleeve and/or short-sleeve shirts, jackets, pants, shorts, socks, underwear, pyjamas, coats, snow pants and/or rain pants, gloves, toques, boots, shoes, etc.</p>
<p><u>Craft supplies:</u> Construction paper, cardboard, pencil crayons, glue stick, eraser, scissors, sequins, stickers, pompoms, etc.</p>
<p><u>Various accessories:</u> Hair elastics, hairbrush, straightening iron, curling iron, makeup kit, hair gel, jewellery, etc.</p>
<p><u>Mementos:</u> Photos, shells, knick-knacks, etc.</p>
<p><u>Bedding:</u> Sheets, comforters, pillowcases, security blanket, etc.</p>

Here are different examples depending on the type of to-do list your selected with your child.

Coloured to-do list:

<p>1—Colour the pictures provided or the child can make their own drawings.</p>	<p>2—Glue the pictures on the boxes.</p>	<p>3—Place the objects on the list in the boxes.</p>	<p>4—Check the items that have been placed in the box off the list. Colour the pictures too.</p>

Written to-do list:



1-List the objects your child might want to put in their boxes.



2—Colour the pictures provided or the child can make their own drawings.



3—Glue the pictures on the boxes.



4—Place the objects on the list in the boxes.



5—Check the items that have been placed in the box off the list.

**You can make up the boxes and pack the objects the very day of the move, mainly for items your child uses frequently.