

THE HOMEWORK COMMAND CENTER

— *Setup Checklist* —

Your teen's brain already uses 90% of its energy just to sit down and try.
Let's make sure *the environment doesn't eat up the rest.*



STEP 1:

CHOOSE YOUR LOCATION

The best homework spot is NOT the bedroom.

The bedroom sends mixed signals—it's where your teen relaxes, scrolls, and sleeps.



Check off what your chosen space has:

- Consistent** – same place, every day
- Low-traffic** – not in the middle of family activity
- Separate from rest/entertainment zones**
- Within earshot** of a parent (*nearby, not hovering*)
- Flat surface** for working

Ideas: Kitchen corner, dining room table, hallway desk, rolling cart setup

Our Command Center location: _____



Kitchen corner



Dining room table



Hallway desk



Rolling cart setup

STEP 2:

DISTRACTION AUDIT

ADHD brains struggle to filter out irrelevant stimuli.

What seems like “background noise” to you can feel overwhelming to your teen.



Visual Distractions:

- ✓ Clutter on desk/table
- ✓ Phone within reach
- ✓ TV in line of sight
- ✓ Toys, games, or hobby items visible
- ✓ Busy wall decorations

Sound Distractions:

- ✓ TV/music from other rooms
- ✓ Siblings playing nearby
- ✓ Street noise from windows



What we need to *remove* or *manage*: _____



Phone on desk/table



TV in line of sight



Toys, games, or hobby items visible



Busy wall decorations

STEP 3:

BUILD THE SUPPLY KIT

Every time your teen gets up to find something, it's a full mental reset. Stock everything within arm's reach.



Writing Supplies:

- ✓ Pencils (sharpened)
- ✓ Pens (blue and black)
- ✓ Highlighters
- ✓ Erasers



Paper & Organization:

- ✓ Notebook or loose paper
- ✓ Post-it notes
- ✓ Folders (color-coded by subject)

Tech & Tools:

- ✓ Calculator
- ✓ Device charger



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- ✓ Calculator
- ✓ Device charger
- ✓ Headphones
- ✓ Timer (visual timer recommended)



Focus Helpers:

- ✓ Water bottle
- ✓ Snack container
- ✓ Fidget tool (quiet-stress ball, putty)



What we still need to get:

STEP 4:

CREATE A VISUAL WORKFLOW

ADHD brains need to **SEE** progress.

A visual system gives a small dopamine hit every time *something moves to "done."*

Choose **ONE** visual system:

Whiteboard with daily task list



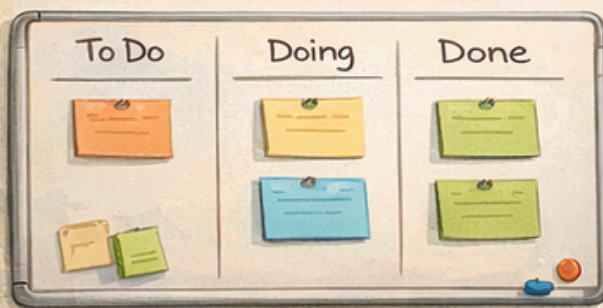
Whiteboard with daily task list



Corkboard with assignment cards



Magnetic board with moveable tasks



Printed daily checklist



Our visual system will be: _____

Where we'll put it: _____

STEP 5:

SENSORY & COMFORT CHECK

Sensory input isn't just visual.

Sound, temperature, and lighting can all derail focus.

Choose ONE visual system:

- ✓ **Lighting is adequate**
(not too dim, not harsh)



- ✓ **Temperature is comfortable**



- ✓ **Chair supports 20-30 minutes of sitting**



- ✓ **Table/desk is the right height**

- ✓ **White noise machine or app**
available (if needed)



- ✓ **Space feels calm, not chaotic**



One comfort upgrade we can make:

STEP 6:

SET UP TOGETHER

Don't build this FOR your teen—build it WITH them.

- ✓ Walk through the space together
- ✓ Let them pick the fidget tool, timer color, folder colors
- ✓ Ask: “What would make this space feel less stressful?”
- ✓ Ask: “What usually gets in your way during homework?”
- ✓ Make adjustments based on their input



Date we'll set up together: _____

My teen's input/requests: _____

STEP 7:

TEST IT

Page 3 Use the space for **ONE homework session** this week

- ✓ Afterward, ask: **“What helped?”**
- ✓ Ask: **“What got in your way?”**
- ✓ Adjust based on feedback



What worked: _____

What we'll tweak: _____

STEP 7:

COMMAND CENTER COMPLETE

This week's goal: **Just set up the space.** Don't expect perfect homework habits yet. **Lesson 3** will cover how to actually START work. One system at a time.



QUICK REMINDER: THE 5 ESSENTIALS

- ✓ Consistent Location – Same place, every day (not bedroom)
- ✓ Minimal Distractions – Visual AND sensory
- ✓ Fully Stocked Supply Kit – Everything within arm's reach
- ✓ Visual Workflow System – See tasks and progress
- ✓ Light Supervision – Nearby, not hovering



What worked: _____
