



Homework Rescue Playbook

A 5 page system to stop missing work, reduce overwhelm, and confirm turn in.

If you only do 2 things tonight: (1) Run 2 rounds of the 16 minute loop, (2) Do the Submit Sweep.

Start here: Pick the path that matches your night

If this is your situation	Do this first
I'm behind, overwhelmed	Do the 30 minute Rescue Plan (page 4), then Submit Sweep (page 5)
I'm stuck on one assignment	Run one loop round + Stuck Escape (page 4)
I finished but lose points	Skip to Turn In Confirm + Submit Sweep (page 5)

Guiding questions for teens

Answer fast, then start

Quick decisions

Question	Answer
If I only have 20 minutes, what gets turned in today?	
What's the smallest step that still counts as progress?	
What do I need to ask in ONE sentence to get unstuck?	
What proof will I save so I don't lose points?	

Where homework breaks

Capture → Finish → Submit + Verify

The 3 failure points (and fixes)

Failure point	What it looks like	Fix
CAPTURE	Forgot it, wrong details, didn't write it down	Write it before you leave, photo, or add to LMS to do list
FINISH	Started but stuck, ran out of time	10 minute progress sprint + Stuck Escape move
SUBMIT + VERIFY (most common)	Done but not turned in, no proof	2 minute Submit Sweep + screenshot or status

Rule: If it's not verified, it's not done.

The 16 minute loop

Run this 2–3 times

Loop Step	Time	Fix
Start	2 min	Pick ONE task, write first move
Progress	10 min	Timer on, progress not perfect
Stuck escape	30 sec	Ask it, Find it, Switch it
Turn in confirm	2 min	Submit, verify, save proof

Plan by urgency

Due tomorrow beats due later

2 lane planner

Due tomorrow (must do)	Due later (schedule)

Turn in proof tracker

Task	Turned in checked	Proof saved

Rule: Finish the last 2 minutes every time.

30 minute Rescue Plan

When you have almost no time

Minutes	What you do
0–10	Turn in the easiest thing you can submit today (even partial with a clear question)
10–20	Progress sprint on the next urgent task, use Stuck Escape if needed
20–30	Submit Sweep + save proof

Stuck translation

“I don’t get it” usually means...

Name

Feeling	Usually means	Next move
I don’t get it	Directions unclear	ASK IT: write one question
I’m blank	Don’t know how to start	Use a Default First Move
I keep messing up	Need a model	FIND IT: one example
I’m overwhelmed	Too many tasks	Use the 2 lane planner

Scripts

Type	Copy/paste
Short	Hi, I’m stuck on ____ . What’s the next step?
Clear	I’m stuck on ____ because ____ . Can you show one example like it?
Parent	Can you check my first move, and then verify I turned it in?

Submit Sweep + Turn In Confirm

This is where grades are won or lost

The 2 minute Submit Sweep

Check	Done
Open LMS and check Missing	☐
Verify it says Turned In	☐
Screenshot Submitted, or photo of paper	☐
Mark it off the tracker	☐

Parent/coach support (2 minutes)

Goal	Script
Start	Show me your first move, then I'm out.
Stuck	Is it directions, starting, or step 2? Pick one.
Turn in	Show me proof, screenshot or turned in status.

Rule: No proof = schedule rework.

Quick reflection

Question	Answer
What did I turn in today?	
What got me stuck, and which move worked?	
What is my first move tomorrow?	