



One Goal | One Timer | One Small Win

The 20 Minutes Homework Reset

A calm routine that reduces homework fights tonight.

Quick Parent Tool

Today's Target: Finish one task or complete 10 problems and then stop

When to stop: When there's tears, yelling, shutdown, then pause and reset later

Before you start...

- Water, snack, bathroom
- Clear one small workspace
- Open the assignment list
- Phone away, notifications off
- Set a visible timer
- Choose a calm voice

Parent Script

I'm here for support, not pressure. Let's get one small win in 20 minutes. When the timer ends, we take a break.

Try one of these:

- We can do hard things for 10 minutes.
- Show me the first step, I'll sit with you.
- Timer decides, not our feelings.

The 20 Minutes Flow

3 min	Set up the space: Materials out, name the first task, start calm.
2 min	Pick the win: Circle the easiest section first, momentum matters.
10 min	Focus sprint: Coach with prompts, do not teach, do not debate.
3 min	Check and mark: Submit, pack up, mark complete, tidy the space.
2 min	Reward and reset: Small reward, decide to repeat or stop.

If they get stuck...

- Ask, what is the question asking?
- Underline key words, restate in your words.
- Skip and return later, protect confidence.

Reward Menu

- 5 minutes of choice time
- Pick the music for dinner
- Short walk or stretch break