

## PLAN Strategy Card

What's My PLAN?	
PLAN	Answers and Solutions
<b>P = Is there a <u>P</u>roblem?</b>	
<b>L = Is it <u>L</u>ittle or Big?</b>	
<b>A = Plan <u>A</u> and Plan B?</b>	
<b>N = <u>N</u>ext step?</b>	

Burmeister, C., Wilkins, S., & Silva, R. (2021) *FLIPP 2.0: Mastering Executive Function Skills from School to Adult Life*. Shawnee, KS: AAPC Publishing.

*Directions for Learners*

**When and How to Use PLAN**

Solving big and little problems is important at home, at school, and on the job. First, you need to know when you actually have a problem. Sometimes it's hard to know, so you need to pay attention to a few things like the examples below:

- Your teacher or boss tells you to do something differently and they might seem mad.
- People at school or work are acting different or weird with you.
- Something you are trying to do seems really confusing.

Once you know you have a problem, use the four *PLAN Steps* to solve your problem (Figure 6.2):

1. P= Is there a problem? If there is a problem, go on to the next step.
2. L= Is it a little or a big problem? Decide if this is a really big problem or something pretty small. If it's not something you can ignore, go on to the next step.
3. A= Come up with two options to solve the problem- Plan A or Plan B. If you are having a hard time coming up with at least two solutions, it's a good idea to ask your parent, teacher, or a friend for some ideas.
4. N=What is your next step? Once you have two or more solutions, choose one and see if it works. If it doesn't work, go through the *PLAN Steps* again.

Remember, by knowing when you have a problem, and then solving the problem, you are advocating for yourself.

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