



# HIDDEN SKILLS BEHIND EVERYDAY TASKS



**Purpose:** To help understand and reflect what invisible skills may need support when completing daily tasks.

**Task:** \_\_\_\_\_

## **Hidden Skills Needed:**

- Task Initiation
- Sequencing
- Organization
- Working Memory
- Flexibility
- Emotional Regulation
- Problem Solving
- Communication
- Motor Planning
- Sensory Processing
- Time Awareness
- Self-Monitoring

## **Reflection:**

- Which hidden skill may be creating the biggest challenge?

\_\_\_\_\_

- What support/strategy can I use/create to support them?

\_\_\_\_\_





# HIDDEN SKILLS BEHIND EVERYDAY TASKS



**Directions:** Many daily tasks require more than one skill. This visual helps identify the hidden skills that may be impacting success.

## **Step 1**

Choose one task.

Examples:

Brushing teeth

Making a snack

Packing a backpack

Completing homework

## **Step 2**

Check the hidden skills needed to complete that task.

Examples:

Task initiation

Organization

Working memory

Flexibility

Emotional regulation

Problem solving

## **Step 3**

Look for patterns.

Ask:

Which skills seem strongest?

Which skills seem most challenging?

Where might additional support be helpful?

## **Step 4**

Choose one skill to support first.

Examples:

Add a visual

Break the task into smaller steps

Reduce distractions

Allow extra processing time

## **Start Small**

Choose one daily task and focus on one hidden skill. Small changes often lead to meaningful progress over time.

