

Tool Description

Developing a positive behavior (ex. reading books regularly) or getting rid of a negative one (e.g. eating sweets every day) takes a lot of time.

In order to develop a habit, it is supposedly enough to do a given thing every day for 21 days. However, research shows that people need from 18 to 254 days to develop a new behaviour!

The progression sheet works in a very simple way: The student can write in the wider boxes from 1 to 5 of the activities he/she wants to work on and tick the boxes on the days that they have done it. This allows them to see their progress in real time and makes it harder to give up on their decisions!

Additional application:

- It can also work as a support tool for a SMART goals tool.
- Monitoring activities can help to set small achievements on the way to a bigger goal to celebrate. E.g. Your child spent 3 days in a row learning Spanish.

What is the challenge the tool can solve?

Being organized is not easy for any of us, so imagine that being dyspraxic is like forgetting a choreography while learning it.¹ Therefore in order not to “get lost” in everyday activities while trying to develop new positive habits is very tricky without proper monitoring.

Also, in the MoocDys project we believe that such a tool can be beneficial for every child and adult.

What are the benefits for Dys persons?

We identify several benefits of using this tool:

- Paying attention to how progress has been made is really beneficial for increasing self-esteem;
- Regular progress monitoring and discussions with a parent gives the child a sense of responsibility for their own life;
- Learning life management skills from a young age will benefit them tremendously in adult life.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Reading a book	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2 Exercising	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3 Watching TV	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4 Learn Spanish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5 Eating sweets	<input checked="" type="checkbox"/>	<input type="checkbox"/>					

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Erasmus+ MOODys

You can print and use the following sheet

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MY PROGRESSION



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
.....
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

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