When they refuse to study — the steps card

Read it before you sit down with them, not in the middle of an argument.

1. **Find the reason**
   “What's the hardest part of this homework?” Then wait: too hard, too long, tired, or something else?

2. **Shrink the task**
   “Just ten minutes, then we decide together.” Clock in front of them.

3. **A fixed start ritual**
   Same time, same place, three steps: water, phone away, notebook open.

4. **Choose your words**
   Say what to do, not what to stop. Praise effort. If you're angry: five breaths before you answer.

5. **Close with two questions**
   “What did you get done? What do we start with tomorrow?” Specific praise, then done for tonight.

Talk to someone else when:

- [ ] They refuse one subject every evening for weeks — the teacher.
- [ ] The cause is the school itself, not the homework — the school counsellor.
- [ ] You see signs of worry or persistent sadness interfering with school, home or play — a doctor.
- [ ] They talk about harming themselves — emergency services or a health professional, straight away.

The small sheet

What got done tonight

What we start with tomorrow

From the String blog — string.education. Print it, copy it and share it as you like.