

# LESSON 17: MIMEING AND PLAN A/PLAN B THINKING

## Background

When you are planning to complete a task in the future, it is helpful to visualize the goal you want to accomplish and the actions you need to take. We call this type of visualization MIMEing (see Lessons 15–16). We can also use gesture to help us visualize our future actions. Gesture (also discussed in Lessons 15–16) is like a mental highlighter that helps us point out the steps, rehearse, and remember what we are going to do and where we are going to go. In addition, we can use a specific type of mental dialogue to *self-talk* about the steps we visualize. This type of self-talk—called stated intentions—can help make our plans clearer and more specific. Stated intentions are a set of phrases that help us focus on what we intend to do.

Even with the best of intentions, there are likely to be glitches when we are carrying out our plans, and it can be helpful to anticipate and plan for those. So a strong plan will also include action steps that we *might* need to take if we anticipate obstacles. Our first plan is our Plan A—this is what we would do if there were no obstacles—and our second plan (Plan B) is our plan for what to do about the glitches and obstacles we might encounter along the way. We call this *Plan A/Plan B Thinking*. We try to state both a Plan A and a Plan B when we are planning how to reach any goal. Here is an example of a MIMEd plan with Plan A/Plan B Thinking:

“As I see it, I will take the dog for a walk, then finish my poster project. When I get back from walking the dog, I should have enough time to finish printing out the pictures for my poster before dinner [Plan A], but if dinner is on the table when I walk in the door, then I should probably eat and wait until after dinner to print out the pictures and glue them on [Plan B].”

<b>Self Talk:</b>	
<b>Plan A:</b> <b><i>As I see it....</i></b>	<b>Plan B:</b> <b><i>But....</i></b>
I will start by...	If....then....
I can...	I might need to...
When I see ____ I will...	Maybe/ In case...
I am going to....	I could probably..
I first need to....	I should....

## Directions

### DONE (the goal)

In the following activity, you will learn to incorporate Plan A/Plan B Thinking into your use of MIME and gesture. Adding these stated intentions as you MIME and gesture your plan for a future task will help you to consider the specifics of how you will carry out the plan (e.g., “I am going to . . .,” “I will . . .”) and will help you remember to anticipate and plan for obstacles you might encounter along the way.

### DO (the steps you will take)

- Pick a card showing the time of day from the time cards provided (yellow for a.m. and blue for p.m.) or roll the time dice.
- Gesture to show what you are likely to look like at that time. For example, if the card states 7:30 a.m. and you are usually eating breakfast, you might gesture eating cereal.
- Look at the Self-Talk Card to help you talk through what you will be doing using stated intentions. Be sure to include Plan A/Plan B Thinking if there is any uncertainty in the action or time of day (e.g., your Plan A is to eat cereal for breakfast and finish by 7:45 a.m., but *if* you are running a little late, *then* you might have to grab a protein bar to eat on the go [Plan B]).

Example:

This student has a piano lesson starting at 3:45 p.m. She gestures what she sees herself doing at the beginning of that lesson and states her intentions using the Self-Talk Card.



At 3:45 **I will** be at my piano lesson. **I am going to** have my music open and **I should probably** practice the scales before the lesson starts.

Self Talk:	
Plan A: As I see it....	Plan B: But....
I will start by...	If....then....
I can...	I might need to...
When I see —	Maybe/ In case...
I will...	I could probably..
I am going to....	I should....
I first need to....	

3:45

## GET READY (the materials you will need)

- Yellow time cards representing a.m. and blue time cards representing p.m. times
- Dice: The Time Dice from Appendix C, regular dice, or online dice
- Self-Talk Card (see Appendix E)

**Activity: A.M. Time Cards**

1:00	1:15	1:30	1:45
2:00	2:15	2:30	2:45
3:00	3:15	3:30	3:45
4:00	4:15	4:30	4:45
5:00	5:15	5:30	5:45
6:00	6:15	6:30	6:45
7:00	7:15	7:30	7:45
8:00	8:15	8:30	8:45
9:00	9:15	9:30	9:45
10:00	10:15	10:30	10:45
11:00	11:15	11:30	11:45
12:00	12:15	12:30	12:45

**P.M. Time Cards**

1:00	1:15	1:30	1:45
2:00	2:15	2:30	2:45
3:00	3:15	3:30	3:45
4:00	4:15	4:30	4:45
5:00	5:15	5:30	5:45
6:00	6:15	6:30	6:45
7:00	7:15	7:30	7:45
8:00	8:15	8:30	8:45
9:00	9:15	9:30	9:45
10:00	10:15	10:30	10:45
11:00	11:15	11:30	11:45
12:00	12:15	12:30	12:45

**More Varied A.M. Times**

1:05	1:10	1:20	1:25	1:35	1:40	1:50	1:55
2:05	2:20	2:20	2:25	2:35	2:40	2:50	2:55
3:05	3:10	3:20	3:25	3:35	3:40	3:50	3:55
4:05	4:10	4:20	4:25	4:35	4:40	4:50	4:55
5:05	5:10	5:20	5:25	5:35	5:40	5:50	5:55

**More Varied P.M. Times**

1:05	1:10	1:20	1:25	1:35	1:40	1:50	1:55
2:05	2:20	2:20	2:25	2:35	2:40	2:50	2:55
3:05	3:10	3:20	3:25	3:35	3:40	3:50	3:55
4:05	4:10	4:20	4:25	4:35	4:40	4:50	4:55
5:05	5:10	5:20	5:25	5:35	5:40	5:50	5:55