

## How did I do?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions for teachers/parents:** Rate how well your child did at the end of each class period or assignment. Use this as an opportunity to praise positive choices, and encourage or problem-solve when things didn't go well. Do not lecture, yell, or admonish. The goal is to build skills, which happens best with positive reinforcement!

**0 = Not Acceptable**

Needed more than 2 reminders

**1 = Acceptable**

Needed only 1 or 2 reminders

**2 = Excellent**

Didn't need ANY reminders!

| <b>Class Period/<br/>Assignment</b>  | <b>Follow<br/>Directions</b>                       | <b>Keep a<br/>Calm Body</b> | <b>Work<br/>Independently</b> |
|--|--|-----------------------------|-------------------------------|
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
| <b>Independent Time</b> <b>Minutes</b><br>Work Activities _____<br>Reward Activities _____ | <b>Total Points (above + previously unspent) =</b> |                             |                               |
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
|  | 0 1 2  | 0 1 2                       | 0 1 2                         |
| <b>Independent Time</b> <b>Minutes</b><br>Work Activities _____<br>Reward Activities _____ | <b>Total Points (above + previously unspent) =</b> |                             |                               |

If I \_\_\_\_\_, I will not get to do Reward Activities during Independent Time. Instead, I will have to do Work Activities.

## Teachers/Parents =

1. **Teach the behavioral skills you will be rating.** Talk with your child about what it means to Follow Directions, Keep a Calm Body, and Work Independently. Role-play them. Make posters. Make sure they know how to do what you are asking them to do. \*Feel free to change these behavioral goals to reflect the skills your child needs to work on.
2. **Identify Reward Activities** that your child would like to do as a reward for practicing/exhibiting the skills on the rating sheet. Ask for their input on this. List the activities below. Decide on how many points equals how many minutes they can spend on Reward Activities (i.e. 1 point = 2 minutes) during the next scheduled Independent Time.
3. **Decide on exclusionary criteria** for your child NOT to be able to do Reward Activities due to excessively negative behavior. Be very specific! For example, any scores of 0, any physically aggressive behavior, any Time Outs, etc. Write these at the bottom of the first sheet.
4. **Identify Work Activities** that you will give as options for when your child did not earn Reward Activities. List them below. Make sure these are NOT desirable or fun activities, but that they are something your child can do independently.
5. **Implement!** Give points at the end of each activity, subject, or homework assignment. When the scheduled Independent Time comes, give Reward Activities vs. Work Activities according to what was earned. If your child engaged in exclusionary behavior resulting in loss of the privilege to do Reward Activities, do not throw out the minutes earned. Instead, let them put these Reward Minutes towards the next scheduled Independent Time. This will help keep them motivated to make good behavioral choices even after they lose the privilege of Reward Activities for this Independent Time.

## Reward Activity Options

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## Independent Work Options