



I DID IT!

Student: _____ Class: _____ Date: _____

SKILLS	MON	TUE	WED	THUR	FRI
I raised my hand to speak.					
I followed verbal and written directions.					
I paid attention in class for 15-20 minutes.					
I did not distract others.					
I completed my classroom work in a timely manner.					

COMMENTS: _____

Parent Signature: _____





I DID IT!

Daily Plan for: _____

Week of: _____

SKILLS	SUN	MON	TUE	WED	THU	FRI	SAT	Total Stars
Physical Activity for 45-60 Min. Walking • Bike Riding • Swimming								★
Deep Breathing Relaxation 2 Times/Day • "Belly Breaths" • 10 Minutes								★
Gratitude Journal Entry Before Bedtime								★
Listen to Relaxing Music Without Lyrics • Alone Time								★
Read My Book 30 Minutes								★
Share a Joke with Family During Dinner								★
								★
								★
								★

GOAL

TOTAL

COMMENTS: _____

Begin with 80% compliance and gradually increase.



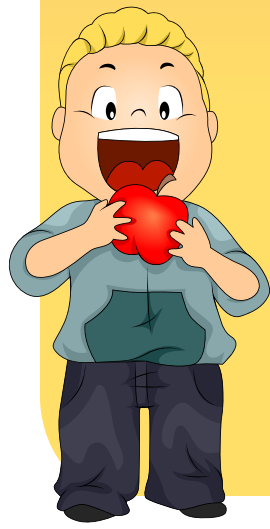


I DID IT!

Daily Plan for: _____

Week of: _____

RESPONSIBILITIES	SUN	MON	TUE	WED	THU	FRI	SAT	Total Stars
I completed my homework after one reminder.								★
I practiced my deep breathing. 2 Times/Day • "Belly Breaths" • 10 Minutes								★
I read at least 30 pages of my book.								★
I substituted a healthy snack instead of eating candy or chips.								★
I showered and dressed in the morning after one reminder.								★
I made my bed.								★
I cleaned up after eating.								★
I fed the pets.								★
								★
								★



80% Compliance = _____ Checkmarks = Celebration/Treat (See Celebration Menu) **GOAL**

TOTAL

COMMENTS: _____

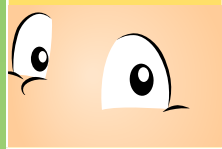




Begin with 80% compliance and gradually increase.



I DID IT!

Name: _____

Day of the Week: _____

	CIRCLE TIME	SNACK TIME	OUTSIDE TIME	SMALL GROUP	TRANSITIONS
SAFE EYES 					
SAFE EARS 					
SAFE MOUTH 					
SAFE HANDS 					
SAFE FEET 					

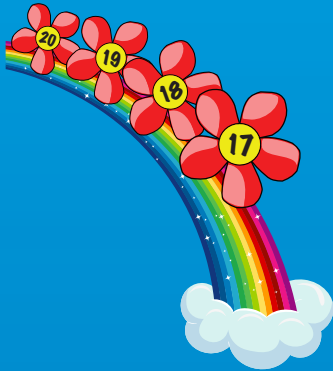
DAILY GOAL: 70% (14 out of 20 checks)



When I'm upset, I...



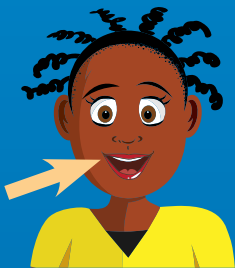
Freeze: I stop what I'm doing and turn away from what's upsetting me.



Count Backwards: I count slowly backwards from 20.



Belly Breath In: I breathe in slowly through my nose to the count of 4.*



Belly Breath Out: I breathe out slowly through my mouth to the count of 4.*

* Place your hand on your belly. Make sure your hand is moving in and out as you breathe.



Celebration Menu

- _____ Computer/iPad Time
- _____ New Legos
- _____ Bake Cookies with Mom
- _____ Play a Board Game with Dad
- _____ Sleepover with a Friend
- _____ Cook My Favorite Meal
- _____ Go Bowling
- _____ Go to Bed an Hour Later on the Weekend
- _____ Go Fishing

80% Compliance _____

Celebrate on _____



Take Charge of Stress

When we get mad, scared or worried, our bodies make chemicals from the stress, like the hormone called cortisol. It speeds the heart rate, quickens the breath, increases blood pressure and even boosts the amount of energy supplied to our muscles.

If stress is starting to wear you down, you can...

- ✓ **RUN**
- ✓ **PLAY**
- ✓ **TAKE DEEP BELLY BREATHS**
- ✓ **COUNT BACKWARDS**
- ✓ **LISTEN TO MUSIC**
- ✓ **IMAGINE BEING IN YOUR
"FUN AND HAPPY PLACE"**

You can do it!





Homework Daily Plan

SKILLS	MON	TUE	WED	THUR	FRI
I handed in all homework assignments for all my classes.					
I brought home all the materials I needed for my homework.					
I earned a grade of B or better on all my quizzes or tests.					
I earned a grade of B or better on a report or project.					
I wrote all my assignments in my planner.					
I finished my homework by 9:00 p.m.					

COMMENTS: _____



80% Compliance = _____ Checkmarks per week = Celebration/Treat