



INSTRUCTIONS: POINT SHEET FOR AN OLDER CHILD

Create your own point sheet based on activities you want your child to accomplish.

Let the child know that since you are the person giving the rewards, you get to decide what goes on the point sheet. If his input is allowed it will be because of your decision to allow it.

Completing the point sheet is up to the child but rewards on the point sheet can **ONLY** be earned by completing items on the point sheet.

The point sheet is to be completed before bedtime each day and given to the parent.

The parent should review the point sheet with the child before the child goes to bed or no later than the next day.

While the example point sheet is set up with monetary rewards you can decide how much money the child will earn for each task **OR** if you will reward the child with a special activity (i.e. TV time or playing a game together, etc.)

1. Notice that the point sheet is divided into different periods of the day.
2. Start out with just a few items in each time of day and gradually increase.
3. **NEVER** argue about the child completing the point sheet. Bottom line: he does the point sheet and he gets the rewards. He doesn't do the sheet and he doesn't get the rewards.
4. Praise the child for his successes and share your hope that he decides to be successful in all of the areas.
5. Give your child a notebook or folder in which to keep his point sheets and view his own choices and progress.



OLDER CHILD / PRE-TEEN POINT SHEET (EXAMPLE)

<u>ACTIVITY</u>	<u>§</u>	<u>+ IF COMPLETED</u>
MORNING		
Room ready for a room check	.05	
Respond to adult requests respectfully-just say "o.k."	.25	
Brush teeth for 1 minute	.10	
Speak sentences smoothly (no "um")	.25	
Say "excuse me" once and wait patiently	.05	
Read for 30 minutes	.20	
Say something 1 time only	.20	
AFTERNOON		
Good day at school (work completed & cooperative behavior)	.25	
Say "excuse me" once and wait patiently	.05	
Respond to adult requests respectfully-just say "o.k."	.25	
Play with brother for 30 minutes	.25	
Speak sentences smoothly (no "um")	.25	
Read for 30 minutes	.20	
Write summary paragraph of materials read (8 sentences)	.20	
Say something 1 time only	.20	
EVENING		
Brush teeth for 1 minute	.10	
Play with brother for 30 minutes	.25	
Say "excuse me" once and wait patiently	.05	
Respond to adult requests respectfully-just say "o.k."	.25	
Speak sentences smoothly (no "um")	.25	
Read for 30 minutes	.20	
Write summary paragraph of materials read (8 sentences)	.20	
Say something 1 time only	.25	
OTHER ACTIVITIES		
Follow directions the first time	.10	
Maintain safe space	.05	
If it's not yours don't touch it	.05	
Give honest answers	.05	
Journal entry of at least 8 sentences	.25	
Ask to do a math work sheet or a reading work sheet and follow through independently	.25	
Maintain eye contact when talking with another person	.10	
TOTAL =		