

To-do List

Group Self-Management

No matter what skill you are working on, what method you are using, start building in some self-management using these scripted questions.

- ☐ Create a rating scale.
- ☐ Teach rating scale to your children.
- ☐ Try for a short period of time.
- ☐ If it goes well, try for longer periods of time.

- ☐ Try the Good Behavior Game by first dividing into 2 teams.
- ☐ Identify specific target behaviors to increase.
- ☐ Give points to each team for engaging in these desired behaviors.
- ☐ Reward goes to the winning team!

- ☐ Make it fun!
- ☐ Follow the data- if it's not working well for EVERY member of the family, STOP and make changes!

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Choose rating scales or the Good Behavior Game. Try it for a short period of time. If all goes well- try it longer.

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Reflections: Was this easy? Was it hard? Did it work? Why or why not?
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