|  |  |  |
| --- | --- | --- |
| BEHAVIOR | CONSEQUENCE | TIPS |
| USING “STRATEGIES” | 5 Poker chips  | * *Charlie gets option of treat for Emotion Awareness*

 (in lieu of Calm Corner) |
| SHARING EMOTIONS | 2 Poker chips | * Praise
* Validate ALL emotions (incl: anger, sadness etc)
* Label emotion
* Describe body sensations
* What are the thoughts?
 |
| HOLDING ONTO OUR POWER |
| BEING ESPECIALLY HELPFUL or KIND | Including cueing each other to healthy coping strategies |
| ASKING TO GO TO A NEIGHBOR’S TO PLAY | Poker chip | * Have to ask anytime you want to leave our yard
 |
| TURNING IT AROUND |  |
| SHOWING INITIATIVE |  |
| ANSWERING WHEN SPOKEN TO |  |
| GOOD SPORTSMANSHIPor ATTITUDE |  |
| READY BY TIMER(for bed, to go etc) |  |
| USING CALM WORDS | * When standing up for ourselves
* When upset
 |
| ENCOURAGING WORDS |  |
| CLEAN ROOM | * Clothes in laundry, surfaces organized, closet and under bed clear
 |
| FLUSH THE TOILET |  |
| USING CALM CORNER | TreatOr/ 5 poker chips | * *Charlie gets option of treat for Emotion Awareness*

 (in lieu of Calm Corner) |