

Directions for an alternative Student Teacher Rating Sheet- by Laura A. Riffel, Ph.D.

The child goes directly to a calm quiet place in the morning to check in with their Check In: Check Out person. They get points for going. The adult tells the child how many happy faces to color in on each row (or the adult can color them in for the child).

The point is to not put sad faces on the sheet but to comment on all the happy faces accumulated throughout the day. This can be done at the end of the hour or every 12 minutes or so. (The adult could set a timer for every 12 minutes and mark a colored in happy face for that time period throughout the hour.) It depends on the child.

At the end of each hour the child checks in with their "Check In: Check Out" Buddy. This buddy can debrief anything that just occurred and help calm any underlying currents that might be brewing and preview how the next hour is going to unfold.

Depending on the child, the adult can put up a sticker chart in the office for days that the child earns over 30 smiles (example) and when they have 3 days of over 30 smiles they get to eat lunch with that special adult. The check in-check out program is usually used for children who are seeking attention. However, with young children we have found it useful for escape as well because the child is getting to leave the learning area to go check in with this adult; which they perceive this as a break.

We used this in an alternative setting with children who were EBD and found it very useful. The Check-In, Check-Out buddy focuses on the positive. "You earned three smiley faces this hour. That's great. Let's see if you can earn four next hour."

**Name:**

Circle: Monday- Tuesday- Wednesday- Thursday- Friday

Points- For Checking In First Thing ( I went straight to my check in point)

				
---	---	---	--	---

My behavior from 8:00-9:00 was:

				
---	---	---	--	---

My behavior from 9:00-10:00 was:

				
---	---	---	--	---

My behavior from 10:00-11:00 was:

				
--	--	--	---	--

My behavior from 11:00-12:00 was:

				
---	---	---	--	---

My behavior from 12:00-1:00 was:

				
---	---	---	--	---

My behavior from 1:00-2:00 was:

				
---	---	---	--	---

My behavior from 2:00-3:00 was:

				
---	---	---	--	---

Check out Points- I came straight to my check out point:

				
---	---	---	--	---

Total Points for the Day \_\_\_\_\_ out of 45.