

STARS

The following pages on Student Teacher Action Rating Sheets (STARS) have been very effective for many teachers. It is not enough to tell children to “be respectful”, we must teach them what that looks like, sounds like, and feels like. Just as an 87% on a paper does not teach a child what they did correctly and what they did incorrectly; telling a child to flip a card to another color does not teach them to see their behavior the same way the adult sees their behavior.

The following pages are a self-management tool for teachers to use with children who are having a difficult time with universal classroom management techniques.

There are many different ways to set up the sheet. You will see examples for older and younger students. You will see examples for adding a row for the students who have a hard time accepting constructive criticism. You will also see a list of ways family members can reinforce the replacement behaviors you are teaching at home.

Grading the Behavior

The basic grading system:

- 3= it was a beautiful hour, no behavioral learning opportunities occurred.
- 2= it was a good hour, but I had to have a booster shot
- 1= it could have been better. I had to have more than one booster shot to remind me

With younger students we use smiley faces:



Great big smiley face equals 3 points



Medium smiley face equals 2 points



Half smile face equals 1 point

We do not use zero or a sad face with children. We have met far too many children who say to us, “You know why they asked you to talk to me don’t you?” We always say, “We wanted to get to know you.” Almost every time the student says, “They want you to talk to me because I’m a bad child- or something to that effect.” Whenever they say something like that, we always say, “That’s an interesting thought, what would make you think that?” When we ask them that we almost always get the reply, “Because I get sad faces all the time.” The children have learned to equate sad faces with “I’m bad.” With older students we sometimes hear, “They tell me all the time that I’m bad.” There are different adjectives used by different students, but the idea is always the same.

For this reason, we do not use zero or sad faces to measure behavior.

Measuring Each Hour

The student will have a laminated sheet and the teacher will have the paper sheet that is used in conjunction with check-in/check-out or sent home at the end of the day. Each hour the teacher rates the three behaviors and the student rates their own behavior (coloring in the face, or writing down the number). The student and the teacher meet at the end of each hour or subject and the teacher writes down the score given by the student next to their score. If they match, the student earns that number of points. If they do not match, the student does not earn points. The goal is to match the teacher. The student starts to see the behavior the same way the adult sees the behavior.

We believe the students' measurement is why this form works so well. John Hattie in his meta-analysis of interventions that worked the best point to students measuring their own success as one intervention that had the highest success rate. We believe this causes the student to internalize understanding their own behavior.

When we use a typical behavior rating sheet, the student walks away from the teacher's desk thinking, "My teacher gave me a 2". We want them to walk away from the desk thinking, "I earned a 2." This is where the real growth occurs.

Setting up the Form

We work on two behaviors at a time. The third behavior on the sheet is one we are fairly certain they will do correctly every hour. We want to build on success, so we set up the form to show some success each hour. Let's say we have a student who has the two behaviors of a) blurting and 2) being out of seat. We would set up the form like this:

| | Hour One | Hour Two |
|--|----------|----------|
| I raised my hand and waited to be called on. | | |
| I stayed in my area. | | |

We always focus on the replacement behavior we are teaching. We might have done the replacement behavior teaching through a video self-model example, a Power Card, or a social narrative. Then we would add a third row of a behavior we are pretty sure they will do correctly every hour.

| | Hour One | Hour Two |
|--|----------|----------|
| I raised my hand and waited to be called on. | | |
| I stayed in my area. | | |
| I started to work in two minutes after the assignment. | | |

For younger students, you may use picture cues on their page.

You would set up the grid for the number of hours or subjects you will be measuring behavior.

| | Hour One | Hour Two | Hour Three | Hour Four | Hour Five | Hour Six |
|--|----------|----------|------------|-----------|-----------|----------|
| I raised my hand and waited to be called on. | | | | | | |
| I stayed in my area. | | | | | | |
| I started to work in two minutes after the assignment. | | | | | | |

Or it might look like this:

| | Morning Circle | Language | Recess | Lunch | Math | Science/Social Studies |
|--|----------------|----------|--------|-------|------|------------------------|
| I raised my hand and waited to be called on. | | | | | | |
| I stayed in my area. | | | | | | |
| I started to work in two minutes after the assignment. | | | | | | |

If you are working with a young child, their copy would have the smiley faces pre-drawn so they just color in the face they believe they were. Your form will have two columns for each behavior, each hour. Your score will be first and then you will write down their score on your sheet. The student sheet is laminated and can be used day after day.



Another Tool for Teaching Constructive Feedback

You may have a student who does not take matching the teacher well. For these children we can add a fourth row that states: “Accepts Score”.

| | Morning Circle | Language | Recess | Lunch | Math | Science/Social Studies |
|--|----------------|----------|--------|-------|------|------------------------|
| I raised my hand and waited to be called on. | | | | | | |
| I stayed in my area. | | | | | | |
| I started to work in two minutes after the assignment. | | | | | | |
| Accepts Score | | | | | | |

We teach the student that when we don’t match our numbers and we explain to you why we gave you the lower score you will earn points for how you react to the discussion. If we explain why we gave you a lower score and you say, “Okay, I understand.” You will earn three points. If we don’t match and we explain why and you moan about it, you will earn two points. If we don’t match and we explain why and you stomp your foot, you will only earn one point. In this way, we are teaching students how to accept constructive feedback.

Scoring

We add up the scores each hour and then add the total at the end of the day. The student is working to earn a reinforcement at home for good behavior at school. We typically use a 90-80-70 scale for the hierarchy of reinforcements. Most family members are agreeable to reinforcing appropriate behavior at home. In the case of a family member who works evenings and is not capable of reinforcing consistently at home, we reinforce at school. At the end of this explanation is a booklet with ideas of low cost or free reinforcers that can be used at home or school.

If you want to involve the bus driver you can give them laminated cards of 3-2-1 and they can hand that to the child as they exit the bus in the morning (for evening before behavior and that morning’s ride in). The child will give it back to the bus driver in the afternoon. It could go back and forth in an envelope, so the student does not know what score the bus driver gave them.

The following page has a sheet filled out.

Student Teacher Action Rating Sheet (STARS)

Student Name: _____ Sample _____ Date: _____

| | Hour One | | Hour Two | | Hour Three | | Hour Four | | Hour Five | | Hour Six | | Hour Seven | |
|-----------------------------|----------|---|----------|---|------------|---|-----------|---|-----------|---|----------|---|------------|---|
| | T | S | T | S | T | S | T | S | T | S | T | S | T | S |
| Keep hands and feet to self | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 3 |
| Stay in your assigned area | 2 | 3 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 3 |
| Start work within two min. | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 |
| Total | 6 | | 6 | | 2 | | 9 | | 5 | | 3 | | 9 | |

3= beautiful hour, 2= pretty good hour, 1= this hour could have been a lot better
Smiley faces (Great big smiley face = 3, Medium smiley face = 2, Half smiley face = 1)

This sample only has 9 points possible for each hour, so the total possible points is 63.

Total Points Earned Today: _____ 40 _____ out of 63 possible

Reinforcement Earned: _____

Family Member Signature: _____

Reinforcement for 57-63= _____ Get to have a friend over for dinner _____

Reinforcement for 50-56= _____ Get to sit in Dad's chair to watch TV _____

Reinforcement for 44-49= _____ Choose what mom fixes for dinner _____

Reinforcement for 43 or lower= _____ Get to skip a chore for the night _____



Student Teacher Action Rating Sheet (STARS)

Student Name: _____ Sample _____ Date: _____

| | Hour One | | Hour Two | | Hour Three | | Hour Four | | Hour Five | | Hour Six | | Hour Seven | |
|------------------------------|----------|---|----------|---|------------|---|-----------|---|-----------|---|----------|---|------------|---|
| | T | S | T | S | T | S | T | S | T | S | T | S | T | S |
| Keep hands and feet to self | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 3 |
| Stay in your assigned area | 2 | 3 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 3 |
| Start work within two min. | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 |
| Accepts Score (Teacher only) | 2 | | 3 | | 2 | | 2 | | 2 | | 3 | | 3 | |
| Total | 8 | | 9 | | 4 | | 11 | | 7 | | 6 | | 12 | |

3= beautiful hour, 2= pretty good hour, 1= this hour could have been a lot better
Smiley faces (Great big smiley face = 3, Medium smiley face = 2, Half smiley face = 1)

Because this had the fourth row for accepting score there are 12 points possible per hour. This sample is for 7 hours so the total possible points is 84 points. We use a 90-80-70 percent for ranking reinforcers.

Total Points Earned Today: 57 out of 84 possible

Reinforcement Earned: _____

Family Member Signature: _____

Reinforcement for 67-84= _____ Get to have a friend over for dinner _____

Reinforcement for 58-66= _____ Get to sit in Dad's chair to watch TV _____

Reinforcement for 50-57= _____ Choose what mom fixes for dinner _____

Reinforcement for 49 or lower= _____ Get to skip a chore for the night _____

The next page is a copy of a page you might give to a student. Laminate it and they color in the smiley face they believe they were.



Student Teacher Action Rating Sheet (STARS)

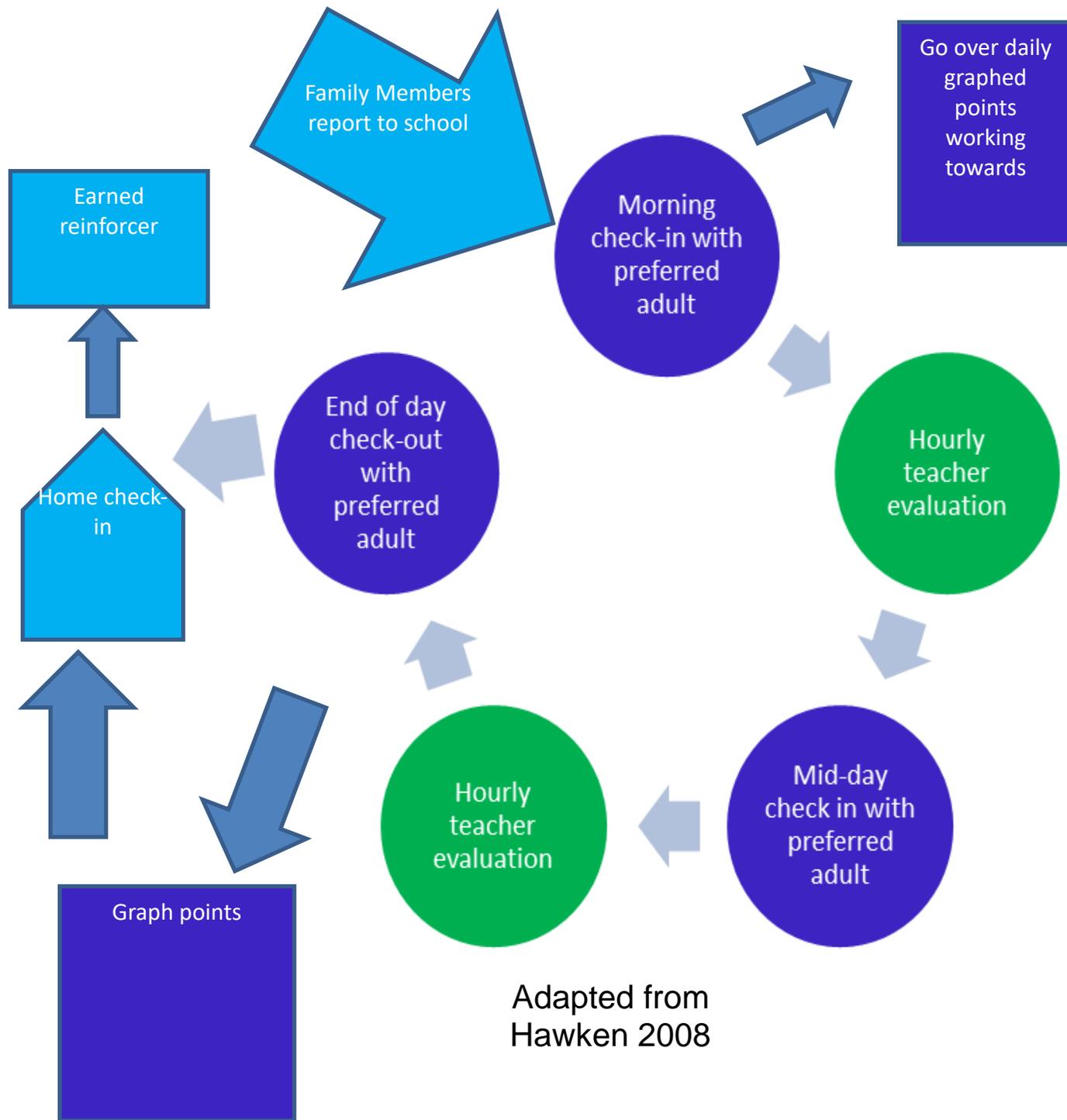
Student Name: _____ Sample _____ Date: _____

| Behaviors | Hour One | Hour Two | Hour Three | Hour Four | Hour Five | Hour Six | Hour Seven |
|-----------|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |
| |  |  |  |  |  |  |  |
| |  |  |  |  |  |  |  |
| | | | | | | | |

Smiley faces (Great big smiley face = 3, Medium smiley face = 2, Half smiley face = 1)

I'm working for this today:

This can be tied in to a check-in/check-out program. See illustration on the next page.



The next page has a blank rating sheet for the older student or to input the teacher's rating from the happy face page filled out by the student. You can modify columns and rows based on your needs using the table tool in Word.



Student Teacher Action Rating Sheet (STARS)

Student Name: _____ Sample _____ Date: _____

| | Hour One | | Hour Two | | Hour Three | | Hour Four | | Hour Five | | Hour Six | | Hour Seven | |
|---------------------------------|----------|--|----------|--|------------|--|-----------|--|-----------|--|----------|--|------------|--|
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Accepts Score (Teacher only) | | | | | | | | | | | | | | |

3= beautiful hour, 2= pretty good hour, 1= this hour could have been a lot better

Total Points Earned Today: _____ out of 84 possible

Reinforcement Earned: _____

Parent Signature: _____

Reinforcement for 67-84= _____

Reinforcement for 58-66= _____

Reinforcement for 50-57= _____

Reinforcement for 49 or lower= _____

Student Teacher Action Rating Sheet (STARS)

Student Name: _____ Sample _____ Date: _____

| | Hour One | | Hour Two | | Hour Three | | Hour Four | | Hour Five | | Hour Six | | Hour Seven | |
|-----------------------------|----------|---|----------|---|------------|---|-----------|---|-----------|---|----------|---|------------|---|
| | T | S | T | S | T | S | T | S | T | S | T | S | T | S |
| Keep hands and feet to self | | | | | | | | | | | | | | |
| Stay in your assigned area | | | | | | | | | | | | | | |
| Start work within two min. | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | |

3= beautiful hour, 2= pretty good hour, 1= this hour could have been a lot better
Smiley faces (Great big smiley face = 3, Medium smiley face = 2, Half smiley face = 1)

This sample only has 9 points possible for each hour, so the total possible points is 63.

Total Points Earned Today: _____ 40 _____ out of 63 possible

Reinforcement Earned: _____

Family Member Signature: _____

Reinforcement for 57-63= _____

Reinforcement for 50-56= _____

Reinforcement for 44-49= _____

Reinforcement for 43 or lower= _____

Free or Low-cost Reinforcers for Appropriate Approximations of Replacement Behavior

Compiled by Laura

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Based on research compiled since 2004



The following is an excerpt from the above book available on www.lulu.com

What is a Reinforcer?

We wanted to research what would motivate students and staff to exhibit desired behaviors. We brainstormed and decided the best way to discover this was by asking the subjects themselves. We have been working on this since 2004. This book is filled with ideas that came directly from students and staff around the world.

Our first research was just a list. This year we decided to categorize that list into categories. This book is the result of much pondering and discussion regarding categories. We also wanted a mnemonic that would help staff remember the categories. We know there are more than five categories, which makes it harder to remember. We felt the eight categories were necessary.

Five Languages of Appreciation in the Workplace

Based on the work of Chapman and White (2012), we have taken the ideas from their book *The Five Languages of Appreciation in the Workplace* and applied those ideas to what we discovered from interviewing students.

Chapman and White (2012) found these five areas were desired by adults:

1. Words of Affirmation
2. Quality Time
3. Acts of Service
4. Tangible Gifts
5. Physical Touch

This book is available on www.amazon.com and could easily be used by principals and superintendents to develop ideas for adult reinforcements. Chapman and White (2012) interviewed people who worked in industries where there was money for vacations in Hawaii and monetary incentives. This is not the case in the field of education, but it will give you many ideas for adult reinforcers.

It's important to remember to reinforce staff and Family Members when engaged in the Positive Behavioral Interventions and Supports (PBIS) project. The following page is one you can pass out at a staff meeting and a Family Member meeting to see what would be reinforcing to the people you work closely with. Remember, what is one man's garbage is another man's treasure.

What would you like to receive as a reinforcer?

Student Reinforcers

We found what **PALPATES** a student's heart with reinforcements was the following:

1. **P**rivileges
2. **A**ttention
3. **L**eadership
4. **P**raise
5. **A**ssistance
6. **T**ouch
7. **E**scape
8. **S**upplies

This information was gathered by asking students at whatever schools we were visiting the following question, "What would mean the world to you? What could an adult give you that would let you know you had done a good job on something; but it can't cost any money?" In twelve years of asking this question, only one student has broken the code by naming something tangible. It was a little girl (5th grader) in Wyoming who said, "Food would be nice." Upon further questioning of staff, we discovered the staff were working to get her removed from her home because her mother was selling the weekend food backpack for drugs. It was not happening as fast as everyone would have liked.

We added the supplies despite the lack of support from students in naming this as a choice. We feel there are some students who come from homes where they cannot afford the proper school supplies, and these should be made available as a purchase. The student would feel better if they earned the supplies rather than receiving a hand-out.

Some of the answer's students gave us really stuck with us. Here are a few examples:

A young man in an alternative placement said, "Do you really care?" When assured we did, he said, "I used to be on drugs. I wasn't very nice when I was on drugs. Everyone in this place knew me. It's been hard, but I've been clean for 3 months, 4 days, and 12 hours. I wish just once someone would tell me they are proud of me for staying clean. That would mean the world to me. Even if they said, "I like you better when you aren't on drugs." That would be okay too."

Another young man on a NYC District 75 school bus told us this after being labeled by the matron of the bus as the number one worst kid on the bus. "Man, I see people

throw a football. When they throw the football, it goes straight. When I throw a football, it goes all wonky. If someone could teach me how to throw a football so that it would go straight, that would mean the world to me.

The second worst student on the bus (according to the matron) said, "I stink (okay, similar word with same beginning and ending consonants) at spelling. If somebody could help me understand that 'e' before 'i' except after 'c' rule...or whatever that is, that would really help me out."

All students do not want the same thing, just as all adults do not want the same thing. It is important to offer choices. The following page is just a sample of a menu that might be used in a school.

| Menu for Coltrane Webb Middle School | | |
|--------------------------------------|--|------------------|
| Appetizers | | |
| Privilege | Get a pass to take your shoes off in class. | Price= 5 Gotchas |
| Attention | Get your picture on the school marquee. | |
| Leadership | Get to co-star in the next PBIS video. (Nonspeaking role) | |
| Praise | Get a positive post-card home to your Family Members. | |
| Assistance | Get to choose one class and one teacher for assistance in a topic of your choice. | |
| Touch | Get to stand with the principal at the front door one morning and greet all the students with a special handshake taught by the principal. | |
| Escape | One homework free pass. ~ Teacher discretion. | |
| Supplies | One of the 5-point school supplies (pencil, pen, mechanical pencil, eraser, spiral notebook) | |

As you build your menu of reinforcement for your PBIS program, make sure you have several choices in each of the previous arenas and that they are different prices. You would have prizes for 10 tickets, 15 tickets, 20 tickets etc.

One of our schools developed a folder that looked like a restaurant menu. The sample on the previous page is for the appetizers. There were appetizers, main courses, and desserts. The students could pick from each and cash in their gotchas. The students would then receive a preprinted certificate for the reinforcement they selected.

“Gotchas” is the generic word we use to talk about your positive behavior specific praise that you give to students when you are teaching expectations through labeling appropriate behavior. Each gotcha is typically worth one point.

Codes for the following pages:

Age levels-

- P= Preschool
- E= Elementary
- M= Middle School or Junior High
- H= High school Cost-
- Ø- Free
- \$- Small expense if you don't get it donated ○ The cost refers to what it will cost you- you will decide how many gotchas the reinforcement is worth

Privileges

Privileges are items earned that are not ordinary. A few of these will be repeated in attention because they are quality time and attention as well as special privileges. Dictionary definition: “a special right, advantage, or immunity granted or available only to a particular person or group of people.”

| Privilege | Age Level | Cost |
|--|--|--|
| Agenda Writer for the Day | E-M | ∅ |
| Assist the custodian for X minutes | P-E-M-H | ∅ |
| Assist with morning announcements | P-E-M-H | ∅ |
| Assistant coach for any sport for one game | M-H | ∅ |
| Be a helper in another classroom | P-E-M-H | ∅ |
| Be an honorary cheerleader for one game | M-H | ∅ |
| Be the class “thank you” card writer for guests (get signatures from all other students) | P-E-M-H | ∅ |
| Be the leader of a class game | P-E-M-H | ∅ |
| Be the line leader or the caboose of the line | P-E | ∅ |
| Be the scout- goes ahead of class and tells the special teacher the class is on the way | P-E | ∅ |
| Be the teacher’s helper for the day | P-E-M-H | ∅ |
| Be the teacher’s receptionist for the day | E-M | ∅ |
| Be the water boy/girl for any sport for one game | M-H | ∅ |
| Borrow the principal’s chair for the day | P-E-M-H | ∅ |
| Bring a stuffed animal to school for the day | P-E | ∅ |
| Bring your pet to school and share it with the class | P-E-M-H (M-H- Science class or Art class) | ∅ |
| Bubbles for Recess | P-E | \$ |
| Build a tent out of your desk by using a towel and working under your desk for X hours. | P-E | ∅ |
| Buzz cut a design in a willing participant’s hair | P-E-M-H | ∅ |
| Cake boss privilege for the class- each decorate one cupcake and this student gets to be the judge | P-E-M-H | \$ Ask a Family Member to donate the reinforcement cupcakes |

| | | |
|--|-----------------|--|
| Call a radio station and get to introduce the next song on the air- whole class gets to listen to radio station during independent work time | P-E- M- H | ∅ |
| Choose a book for the teacher to read to the class | P-E | ∅ |
| Choose any class job for the week | P-E | ∅ |
| Choose music (approved by teacher) for the class to listen to when working independently | P-E- M- H | ∅ |
| Choose the game to play during Physical Education Class | P-E | ∅ |
| Craft stamps during free choice or stay in recess and use craft stamps | P-E | ∅ |
| Create a theme for the week in the classroom | P-E- M- H | ∅ |
| Cup of hot chocolate with preferred adult (kids have noted they prefer real cups- not Styrofoam) ☐ | P-E- M- H | \$ |
| Cut the principal's tie off (get to keep the tip as a souvenir) http://www.pinnaclepeaksteakhouse.com/ | P-E- M- H | ∅ Ask Family Members to donate old ties |
| Design a Class door | P-E- M- H | ∅ |
| Design a Class or School Bulletin Board (Design a front hall bulletin board) | P-E- M- H | ∅ |
| Design a Hallway theme for decorations | P-E- M- H | ∅ |
| Design a teacher's hairstyle for the day (male or female) | P-E- M- H | ∅ |
| Design theme for school dance | M- H | ∅ |
| Draw on a portable white board during class read aloud time | P-E | ∅ |
| Draw on the white board at the front of the class during class read aloud time | P-E | ∅ |

| | | |
|--|---------|--|
| Earn a coupon for the classroom- all students get to bring a pillow from home and work on the floor on a day the teacher approves. | E | ∅ |
| Earn a free ticket to a school event (dance- sporting- theater) | M-H | ∅ |
| Earn a pack of four free passes to the community- zoo, theater, aquarium, museum. This is a privilege many students do not get to partake in due to lack of funds in the family. | P-E-M-H | ∅ Ask community members for donations |
| Earn a parking place near the school for appropriate behavior- rather than the parking spot in the back 40 where most students have to park | H | ∅ |
| Earn a picnic for your class (Some schools the principal brings grill and grills hotdogs for the students). | P-E-M-H | ∅ Can just be school lunch sacked and eaten on blankets outdoors or on blankets indoors if weather is inclement |
| Earn a SmartBoard review game for the whole class | P-E-M-H | ∅ |
| Earn a sour gummy worm for the whole class as a writing exercise- get to write about what sour tastes like | P-E-M-H | ∅ |
| Earn a special parking place for your family in the front lot for Family Member nights and other events | P-E-M-H | ∅ |
| Earn extra credit opportunity | P-E-M-H | ∅ |
| Earn for the whole school, choosing what costume the principal has to wear for a day | P-E-M-H | ∅ |
| Earn popcorn treat for whole class for the day – turn into social event where students “pop” about positive virtues of each other. | P-E-M-H | \$ |
| Earn the privilege of having the teacher dress up in a costume for the day | P-E-M-H | ∅ |
| Earn the privilege of having the teacher read aloud in a funny accent. (DEAR time, or even to read a chapter in a core class at the secondary level) | P-E-M-H | ∅ |

| | | |
|--|---|---|
| Earn the privilege of operating the remote for the PowerPoint being presented by the teacher | P-E-M-H | ∅ |
| Eat lunch in the classroom as a whole class- one student earns for whole class | P-E-M-H | ∅ |
| Email Family Member at work to relay an accomplishment completed at school | P-E-M-H | ∅ |
| Enjoy class outdoors for the whole class- (example)social studies under the big oak tree | P-E-M-H | ∅ |
| Fast Pass in the Lunch Line | P-E-M-H | ∅ |
| Get a free job recommendation written by your favorite teacher | H | ∅ |
| Get extra trip to the library to check out a book | P-E-M-H | ∅ |
| Get permission to go to nearby grade school and eat lunch with elementary students and mentor one student one day a week for a semester | H (seniors and Family Member permission only) | ∅ |
| Get to ask a special friend to join you at a special spot in the lunchroom (many schools just have a card table set up on the side of the cafeteria) | P-E-M-H | ∅ |
| Get to be a mentor on the playground for a student working on social skills during recess | P-E | ∅ |
| Get to be an honorary member of the sports team for the day (even if you didn't make the team) | M-H | ∅ |
| Get to be on the committee to help choose the school uniform (kids don't like white shirts – hard to keep clean) | P-E-M-H | ∅ |
| Get to be part of the student voice team for the PBIS adult team | P-E-M-H | ∅ |
| Get to be the scoreboard assistant during a home game | M-H | ∅ |
| Get to bring a soda pop from home (Family Member permission) to drink after lunch has been consumed. | P-E-M-H | ∅ |
| Get to choose a brain break activity for the class | P-E-M-H | ∅ |
| Get to choose an art project for the class | P-E-M-H | ∅ |
| Get to choose the science experiment for the class | P-E-M-H | ∅ |
| Get to clean the teacher's desk | P-E | ∅ |
| Get to dress as the school mascot for one home game | M-H | ∅ |

| | | |
|--|---------|---|
| Get to eat lunch with a different class or hour | P-E-M-H | ∅ |
| Get to go help in a younger class or a class for special needs | P-E-M-H | ∅ |
| Get to have the class mascot at your desk | P-E | ∅ |
| Get to hold the flag in the morning during the pledge | P-E | ∅ |
| Get to invite a special guest to the classroom to talk about studied subject or read a book to the class | P-E-M-H | ∅ |
| Get to make a special card for someone using the teacher's supplies (stamps, ink, special shape scissors etc.) | P-E | ∅ |
| Get to move your desk within reason inside the classroom | P-E-M-H | ∅ |
| Get to paint something on the classroom easel | P-E | ∅ |
| Get to put a puzzle together in the back of the classroom when work is completed | P-E-M | ∅ |
| Get to put your feet on your desk to read during DEAR time (Drop Everything and Read- Sustained Silent Reading) | P-E-M-H | ∅ |
| Get to rent space in the front display class to showcase art or special work | P-E-M-H | ∅ |
| Get to run the SmartBoard in the classroom for the teacher. | E-M-H | ∅ |
| Get to scoop food in the cafeteria and serve the other students for a certain amount of time (health codes permitting) | P-E-M-H | ∅ |
| Get to see inside the school walk-in freezer | P-E-M-H | ∅ |
| Get to see inside the teacher's lounge | P-E-M-H | ∅ |
| Get to shoot and edit a video for the school about school-wide expectations | P-E-M-H | ∅ |
| Get to sit in the announcer's box during a home game | M-H | ∅ |
| Get to sit on a special chair during read aloud time or read 180 class | P-E-M-H | ∅ |
| Get to sit on a special love seat (donated) at a home game (50-yard line or behind home net) | M-H | ∅ |
| Get to sit on bench with team during home game | M-H | ∅ |
| Get to sit on the floor to do your work with teacher's pillow, bean bag, etc. | P-E-M-H | ∅ |

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| Get to star in the school video for school expectations | P-E-M-H | ∅ |
| Get to take a primary book about social skills and turn it into a PowerPoint with animations and sounds to give to a teacher of younger students. (Julia Cookbooks are great examples) | E-M-H | ∅ |
| Get to take a selfie with the principal | P-E-M-H | ∅ |
| Get to use colored chalk at recess | P-E | ∅ |
| Get to use gum in the classroom | P-E-M-H | ∅ |
| Get to use the teacher's glitter pen to write your name on your paper | P-E | ∅ |
| Get to use the teacher's special phone to phone home about something positive (Think vintage rotary phone connected to the wall etc.) | P-E-M-H | ∅ |
| Get to wear a hat for the day | P-E-M-H | ∅ |
| Get to wear ear buds for one hour and listen to music while doing independent seatwork | P-E-M-H | ∅ |
| Get to wear jeans for the day instead of school uniform | P-E-M-H | ∅ |
| Get to wear slippers from home for the day | P-E-M-H | ∅ |
| Get to write and perform a puppet show for a younger class or a special needs class at the secondary level. | P-E-M-H | ∅ |
| Get to write positive messages on the sidewalk for students as they enter using colored chalk | P-E-M-H | ∅ |
| Get to write the morning positive message on the classroom door | P-E-M-H | ∅ |
| Get to write Twitter status updates on classroom door (just laminated pieces of white construction paper that look like a twitter post) | P-E-M-H | ∅ |
| Go on a walking field trip with the whole class- privilege earned by one student | P-E | ∅ |
| Go the extra distance and get a drink from the coldest water fountain in the school | P-E-M-H | ∅ |
| Keep a stuffed animal at your desk | P-E | ∅ |
| Listen to audio recording of the book or section you are reading in class (someone else could earn the privilege of pre-recording it) | P-E-M-H | ∅ |
| Make a bulletin board in the classroom | E-M | ∅ |
| Make a class theme song | P-E-M-H | ∅ |

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| Make a fun book during writing time (publish the book on www.lulu.com) | P-E-M-H | ∅ |
| Make a green screen presentation | E-M-H | ∅ |
| Make a poster explaining the class project on display | E-M-H | ∅ |
| Paper Organizer for the day (Teacher Assignment Sheets) | E-M | ∅ |
| Pick a hair style for the teacher to wear the next day (probably only works for female teachers- but wigs could be interesting) | P-E-M-H | ∅ |
| Pick A nail polish color for the teacher to wear the next day (could be interesting) | P-E-M-H | ∅ |
| Pick an outfit for the teacher to wear the next day | P-E-M-H | ∅ |
| Root beer float with the principal (no one has complained about Styrofoam cups for this one) (I wrote to Dreyers ice cream once and they sent me 10 free certificates for gallons of ice cream) (This could be attention as well as privilege) | P-E-M-H | \$ |
| See inside the deep freeze in the kitchen if you have one | P-E-M-H | ∅ |
| See inside the staff lounge (if you have one)- big mystery to kids | P-E-M-H | ∅ |
| Select a paperback book from the teacher's personal supply and get to take it home to read | P-E-M-H | ∅ |
| Sharpen pencils for the whole class at the beginning of the day | P-E-M-H | ∅ |
| Sit anywhere in the room today | P-E-M-H | ∅ |
| Sit at the teacher's desk for the day (hour) | P-E-M-H | ∅ |
| Sit next to the teacher during story time | P-E | ∅ |
| Stapler Expert for the Day (Only student allowed to use teacher's stapler) | P-E | ∅ |
| Student gets to write a positive message to each student and pass out a Hershey Kiss to class (boosts moods- good before a test) | P-E-M-H | \$ |
| Take care of the class animal during the week | P-E-M-H | ∅ |
| Take home a class game for the night to share with family | P-E | ∅ |
| Take the class pet home for the holidays to care for the animal (with Family Member approval) | P-E-M-H | ∅ |

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|---|---------|----|
| "To-Do" task writer for the class on the whiteboard | P-E-M-H | ∅ |
| Wii party in the class with two friends (donated Wii) | P-E-M-H | ∅ |
| Wrist smelly for the whole class-earned as privilege by student- use scented lip balm | P-E | \$ |
| Write with a pen or marker for the day | P-E | ∅ |
| X minutes of computer time | P-E-M-H | ∅ |
| X minutes of iPad time | P-E-M-H | ∅ |

Notes for your own ideas:

Attention

With attention being one of the functions behind the behavior, the use of these items below can be a valuable asset. They can be offered as reinforcement for earning gotchas. Sometimes attention upon us is desired and sometimes being able to give attention to others is preferable. Dictionary definition: notice taken of someone or something; the regarding of someone or something as interesting or important.

| Attention | Age Level | Cost |
|--|-----------|------|
| Assist the PTO/PTA with teacher recognition | P-E-M-H | ∅ |
| Assistant coach for any sport | M-H | ∅ |
| Be a greeter at the front door on a special Family Member night etc. | P-E-M-H | ∅ |
| Be featured on a photo recognition board | P-E-M-H | ∅ |
| Be recognized during morning announcements | P-E-M-H | ∅ |
| Breakfast with a preferred adult | P-E-M-H | ∅ |
| Bring an item from home to share with the class | P-E-M-H | ∅ |
| Chance to go to the grade school and teach a class a topic of interest (permissions required) | M-H | ∅ |
| Chew and chat with a preferred adult (snack or hot chocolate or root beer) | P-E-M-H | ∅ |
| Choosing class reinforcement for group contingency group reinforcement | P-E-M-H | ∅ |
| Designing theme and announcing the theme at assembly for school dance | M-H | ∅ |
| Earn a blue ribbon for an art display | P-E-M-H | ∅ |
| Earn a trophy for work that is displayed in the front hall | P-E-M-H | ∅ |
| Earn one gotcha for everyone in your homeroom | P-E-M-H | ∅ |
| Get a balloon attached to your desk with a special message from your Family Member on the inside. Popped at the end of first period. | P-E-M-H | \$ |
| Get a book dedicated to you in the library | P-E-M-H | ∅ |
| Get a community newspaper article written about you (You can send in a press release via fax) | P-E-M-H | ∅ |
| Get a positive postcard sent home about your behavior or work | P-E-M-H | ∅ |
| Get a positive text sent to your Family Members about your behavior or work | P-E-M-H | ∅ |
| Get called up for a reinforcer in morning assembly | P-E | ∅ |
| Get pictures sent in by your Family Members to be recognized in morning classroom announcements (share pictures from home on the smartboard) | P-E | ∅ |
| Get sent to the principal for a positive referral | P-E-M-H | ∅ |

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| Get to be the bus driver's assistant. Go out to the bus early and have a clipboard. Their job is to catch students who hold the handrail etc. as they get on the bus. This will give them one on one attention from bus driver and positive attention from students. | P-E-M-H | ∅ |
| Get to be the door greeter and announcer for the classroom | P-E | ∅ |
| Get to be the leader for morning assembly | P-E | ∅ |
| Get to be the teacher's assistant for classroom or special teacher for one hour | P-E-M-H | ∅ |
| Get to bring in a collection from home and share with class | P-E | ∅ |
| Get to bring in a special visitor to the class to talk about a topic of choice by the teacher | P-E-M-H | ∅ |
| Get to choose a free choice for the whole class | P-E | ∅ |
| Get to do a special show and tell for the class | P-E | ∅ |
| Get to eat lunch with any of the following visitors brought in by the <ul style="list-style-type: none"> • Accountant • • Auto mechanic • • Banker • • Business owner • • Computer • programmer • • Construction • worker • • Dancer • • Exercise coach • • Firefighter • • Grocer • • Judge • Lawyer • National guard Pediatrician Police officer Prison official Restaurant owner Soldier Sport player Store manager Superintendent Surgeon Therapist Veterinarian Weightlifter | P-E-M-H | ∅ |
| Get to go be a mentor in a younger class (idolized by younger peers) At secondary level- go to special needs classrooms | E-M-H | ∅ |

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| Get to have everyone write a positive statement about you in a special notebook | E-M-H | ∅ |
| Get to invite a relative to come eat a school meal with the student | P-E-M-H | ∅ |
| Get to invite a relative to come to one recess with the student | P-E | ∅ |
| Get to invite three friends to eat lunch with you in the classroom or at a special table with the principal | P-E-M-H | ∅ |
| Get to make a PowerPoint for the class on a topic chosen by the teacher | E-M-H | ∅ |
| Get to make up and perform a song about a topic of the teacher's choosing for class | P-E-M-H | ∅ |
| Get to perform a magic trick for the class (teacher's discretion) | P-E-M-H | ∅ |
| Get to play chess/checkers with a preferred adult | P-E-M-H | ∅ |
| Get to read a positive quote to the whole school over the morning announcements | P-E-M-H | ∅ |
| Get to rent bulletin board space at the front of the school to display something you are proud of | P-E-M-H | ∅ |
| Get to rent display case space to display something you are proud of | P-E-M-H | ∅ |
| Get to run the computer while the class plays www.freerice.com and answers questions as team members | P-E-M-H | ∅ |
| Get to shoot a basket at a home game during half-time from the half-court line | M-H | ∅ |
| Get to shoot baskets before or after school with a preferred adult | P-E-M-H | ∅ |
| Get to tell the class a joke- preapproved by the teacher | P-E-M-H | ∅ |
| Get to use the teacher's hotline to call Family Members and brag about behavior | P-E-M-H | ∅ |
| Get your name in lights on the school scrolling marquee | P-E-M-H | ∅ |
| Get your picture in the school newsletter for doing a good deed | P-E-M-H | ∅ |
| Get your picture on the school website | P-E-M-H | ∅ |
| Get your picture on the school-wide expectations posters | P-E-M-H | ∅ |

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| Give a daily joke (pre-approved by teacher) for a week in the classroom | P-E-M-H | ∅ |
| Go for a walk around the school neighborhood with a preferred adult to talk for fun during recess | P-E | ∅ |
| Have the principal make a positive phone call home | P-E-M-H | ∅ |
| Have the teacher make a positive phone call home | P-E-M-H | ∅ |
| Invite your Family Member up to read to the class | P-E | ∅ |
| Make a presentation to the class (keynote) on their favorite subject | P-E-M-H | ∅ |
| Meet the teacher with your Family Members at a local ice cream shop for ice cream or frozen yogurt (You might be able to work out a deal with the shop for a discount. It's good Public Relations for them.) | P-E-M-H | \$ |
| Pick a book from the library to showcase as the "Book of the Week" in the classroom. | P-E | ∅ |
| Point to the letters, words, numbers on the board with a magic wand as the class recites them | P-E | ∅ |
| Singing karaoke during lunch (like a talent show) | P-E-M-H | ∅ |
| Sit at any table during lunch and join that group | P-E-M-H | ∅ |
| Stay in at recess and talk to the teacher one on one for fun | P-E | ∅ |
| Teach the class one lesson | P-E-M-H | ∅ |
| Teaching younger or special needs class how to play a game you designed | E-M-H | ∅ |
| Write and perform a song, play, skit, etc. about a class topic. | E-M-H | ∅ |

Notes for your own ideas:

Leadership

Leadership roles are important to some children who enjoy responsibilities. Dictionary

Definition: the power or ability to lead other people.

| Leadership | Age Level | Cost |
|---|------------------|-------------|
| Assistant principal for an hour | P-E-M-H | ∅ |
| Assistant teacher for an hour | P-E-M-H | ∅ |
| Be a guest speaker at student council | E-M-H | ∅ |
| Be a mystery reader to another classroom (High school students get permission to go to elementary to read to them during an agreed upon time) | P-E-M-H | ∅ |
| Be a safety crossing guard for students | P-E-M-H | ∅ |
| Be the announcer at a school sporting event | P-E-M-H | ∅ |
| Be the director in a school video on school-wide expectations | E-M-H | ∅ |
| Be the DJ at a school dance | E-M-H | ∅ |
| Be the emcee at a school function | P-E-M-H | ∅ |
| Be the line leader when traveling in the hallway | P-E | ∅ |
| Be the secretary's assistant for an hour | P-E-M-H | ∅ |
| Be the student secretary at the board writing what the teacher is talking about | E-M-H | ∅ |
| Develop an academic strategy video for the class (Think Khan Academy type) | E-M-H | ∅ |
| Direct the parking lot for a school event | H | ∅ |

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| Dress up like Einstein and perform a science experiment for the class from the book "Science Experiments You Can Eat"- teacher supplies materials | P-E-M-H | \$ |
| Follow the specialist (they choose one) around with another class for an hour to help with activities in that classroom (Music, PE, Art, etc.) for elementary. At the secondary level, the students might like to follow the occupational therapist, physical therapist, speech therapist, music therapist, art therapist, dance therapist etc. for an hour to see if that is a career they might be interested in pursuing. | P-E-M-H | ∅ |
| Get to be a docent at the zoo for a day (weekend) | E-M-H | ∅ |
| Get to be a guest reader at the local library | E-M-H | ∅ |
| Get to be a guide at a nature preserve for a day (weekend) | M-H | ∅ |

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| Get to be an apprentice at the local grocery store from 8-4 on a Saturday | E-M-H | ∅ |
| Get to be on the committee to choose the school uniform if the school uses uniforms | P-E-M-H | ∅ |
| Get to be part of an adult level brainstorming team at the school | E-M-H | ∅ |
| Get to choose a song to plan during lunch for the whole lunchroom | P-E-M-H | ∅ |
| Get to choose what teachers and what song they must lip sync for the whole school. | P-E-M-H | ∅ |
| Get to design a slumber party in the gym. Students bring slumber bags, favorite books and flashlights. This student will be the emcee of the night and read one story aloud to kick off the evening. (Party ends at 11 pm- not all night) | E | ∅ |
| Get to design a synchronized swimming performance for the weekend | M-H | ∅ |
| Get to design a newscast for the CCTV and perform | M-H | ∅ |

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| Get to design a weekend school party that has some of the following: <ul style="list-style-type: none"> • basketball area • computer animation area • conversation pit • dance area • game board area • graffiti wall (donated piece of sheetrock from lumber yard with color sharpies) • karaoke area | M-H | ∅ |
| Get to go around entire school and pick up gotcha counts from individual classrooms and tally for principal | P-E-M-H | ∅ |
| Get to go help out at a nursing home for a weekend day. | P-E-M-H | ∅ |
| Get to help plan spirit week for the school | E-M-H | ∅ |
| Get to lead the whole school in a conga line for earning a day with zero office discipline referrals | P-E-M-H | ∅ |
| Get to make a video for the adults in the school about giving behavior specific praise | E-M-H | ∅ |
| Get to run the school store for gotcha cash-in day | E-M-H | ∅ |
| Get to take milk count down to the front office | P-E | ∅ |
| Guest conductor for a school orchestra performance | P-E-M-H | ∅ |
| Have a lead part in a school play | P-E-M-H | ∅ |
| Help the music teacher design a school song teaching the school expectations | E-M-H | ∅ |
| Helping to run the school store | P-E-M-H | ∅ |
| Judge a Dancing with the Stars contest put on by the school as a group contingency-group reinforcement for a certain number of days with zero office discipline referrals | P-E-M-H | ∅ |
| Judge a science exhibit | P-E-M-H | ∅ |
| Judge an American Idol contest put on by the school as a group contingency-group reinforcement for a certain number of days with zero office discipline referrals | E-M-H | ∅ |
| Judge an art contest | P-E-M-H | ∅ |
| Lead the audience in the star-spangled banner before a sporting event | P-E-M-H | ∅ |
| Run concessions at a sporting event | M-H | ∅ |
| Run the light board for a school play | M-H | ∅ |

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| Run the scoreboard for a school game | M-H | ∅ |
| Simon Says leader for the class game | P-E | ∅ |
| Teach the class something learned in Boy Scouts, Girl Scouts, Campfire | P-E | ∅ |
| When PBIS visitors come to see the school, be the student who gets to show the group around | E-M-H | ∅ |
| Write and direct a school play | M-H | ∅ |

Notes for your own ideas:

Praise

Praise is sometimes desired by students. Other times, when praise is given the student immediately has an inappropriate behavior. If you are interested in the “why” behind that phenomenon, read my Four P’s for raising self-esteem PowerPoint. Some students like their praise in public and some like private. Dictionary Definition: the expression of approval or admiration for someone or something. One of the most important caveats I can impart is this: It must be behavior specific praise. The words “good job” mean nothing. It has to be paired with a labeling of the appropriate behavior.

| Praise | Age Level | Cost |
|--|-----------|------|
| Get interviewed on CCTV about the behavior you were caught exhibiting or giving advice on how to get caught exhibiting excellent behavior. | P-E-M-H | ∅ |
| Get your name in lights naming the behavior you were caught exhibiting- This can be a poster board surrounded by battery operated lights. Board is laminated with Velcro strips on front. Student’s picture is fastened with Velcro and extolling virtues are labeled with non-permanent marker. | P-E-M-H | ∅ |

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| Get your picture on a scrolling electronic picture frame using www.picmonkey.com - to make a collage showing what you were caught exhibiting. | P-E-M-H | ∅ |
| Get your picture on the CCTV naming the behavior you were caught exhibiting | P-E-M-H | ∅ |
| Get called forward in an assembly and given an award for a performance of high honor | P-E-M-H | ∅ |
| "Just tell me I did a good job on that" | P-E-M-H | ∅ |
| Get a "love note" from your teacher that you can take home and put on your refrigerator (Teacher writes about the thing they love about behavior performance- on a cute piece of paper) | P-E-M-H | ∅ |
| Get a fortune cookie with your behavior praise on the inside | P-E-M-H | \$ Easy recipes on Pinterest |
| Get your name called over the intercom during morning announcements with labeling of your appropriate behavior | P-E-M-H | ∅ |

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| Get a special notebook that students can write positive messages in | E-M-H | \$ We get cheap notebooks printed at vistaprint.com |
| Get to go visit all your previous teachers and have them write something special in your memory book | E-M-H | \$ We get cheap notebooks printed at vistaprint.com |
| Get your picture in the school newspaper labeling your appropriate behavior | P-E-M-H | ∅ |
| Get your picture on the school website labeling your appropriate behavior | P-E-M-H | ∅ |
| Get a special visitor to surprise you – unknown to student- the surprise adult shows up before lunch and eats lunch and goes to recess with them. | P-E | ∅ |
| Get to sign the Golden Book of Gotchas- special podium in the front of the school with a spiral notebook decorated with gold paper and a fancy pen. | P-E | ∅ |

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| Get your picture and special projects highlighted in the front display case with bragging stories from adults about your performance | P-E-M-H | ∅ |
| Get a six-foot tall poster made for free through the National Guard bragging about something awesome you did | P-E-M-H | ∅ |
| Get a radio DJ to brag about your behavior on the radio. Family Members are notified in advance so they can record it. | P-E-M-H | ∅ |
| Get a surprise note delivered to your homeroom by a surprise visitor. Bragging about your behavior in the note. | E-M-H | ∅ |
| Get caught saying something positive about another student and the Queen of Bling and Sparkle visits your home room and gives you a dragon tear (flat marble) and announces to the class that you exhibit kindness. Assistant principal is dressed up as the Queen or King of Bling and Sparkle. | P-E-M | ∅ |
| Get your name written in glitter puff paint on a piece of sheet rock in the front foyer (donated from a lumber yard)- Some schools have a giant rock etc. Needs to have behavior specific praise with it. | P-E-M-H | ∅ |
| Get your name on the marquee out front with the number of gotchas you have received. Some schools do this automatically when the student has 100. | P-E-M-H | ∅ |
| Get invited to a special breakfast put on by the rotary club (or similar) honoring your achievements in behavior or academics | P-E-M-H | ∅ |
| Get a presidential award- think of the Kennedy Honors. Badge worn after being announced at an all school assembly for your outstanding behavior performance | P-E-M | ∅ |
| Get to sit at a special table for lunch as a praise reinforcer for students with good lunchroom manners | P-E-M-H | ∅ |

Notes for your own ideas:

| Assistance | Age Level | Cost |
|-------------------|----------------------|-------------|
|-------------------|----------------------|-------------|

Assistance

| | | |
|--|---------|---|
| Be a playground mentor for student disagreements | P-E-M-H | ∅ |
| Be an apprentice at a business on the weekend of a profession you'd like to learn more about. Most businesses we have talked to have been more than willing with a signed permission slip from the Family Member. | P-E-M-H | ∅ |
| Be an apprentice in a classroom at the high school with Family Member permission. Get to learn about a high school class that is of interest. This means all homework has to be caught up etc. Teacher permission to be gone for the afternoon as well. | M | ∅ |
| Be an assistant coach for a sporting event | M-H | ∅ |
| Be an assistant in a younger or lower level class | P-E-M-H | ∅ |
| Be an assistant in any classroom | P-E-M-H | ∅ |
| Be an assistant referee for a sporting event | M-H | ∅ |
| Be taught a new skill such as: <ul style="list-style-type: none"> • auto mechanics • baseball • basketball • calligraphy • chess • computer game coding • cooking • crocheting • dancing • dating etiquette • drama lessons • drawing • embroidery • face painting • football • foreign language • hair styling • horn lessons • Karate/Judo • knitting • make-up lessons • manners • mixing (music) • sewing • sign language | P-E-M-H | ∅ |

We have had many requests from students desiring to learn new skills or receive help for things they struggle with in school or life. This is an opportunity to get that help without it costing the student money. We also have students who want to give assistance to others. Philanthropy is a powerful reinforcer. Dictionary Definition of Assistance: the action of helping someone with a job or task.

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|--|---------|---|
| <ul style="list-style-type: none"> • personal stylist (How to dress for your body type) • photography • piano lessons • Pilates • poetry • poise • pottery • • singing lessons • soccer • song writing • Tai Chi • tatting • violin lessons • weaving • yoga | | |
| Failing Classes- trade in gotchas to get extra help before or after school or during teacher's plan time | E-M-H | ∅ |
| Get to use Khan Academy to help understand a math concept in class | E-M-H | ∅ |
| Get to have teacher record difficult lessons as teaching is occurring and then email to home so student can study concepts again | P-E-M-H | ∅ |

Notes for your own ideas:

Touch

Some students just said, “You can just give me a high five.” Since the Five Languages of Appreciation in the Workplace mentioned Touch, we thought we’d explore those ideas. Dr. Riffel’s Definition of Touch: The act of connecting with a student in a physical way that is socially appropriate for school.

| Touch | Age Level | Cost |
|--|-----------|---|
| Get a manicure | P-E-M-H | ∅ |
| Get to be the official greeter when dignitaries visit the school- showing proper etiquette and hand shaking abilities | P-E-M-H | ∅ |
| Get to braid a teacher’s hair (one with long hair and willing) | P-E-M | ∅ |
| Get to coordinate the cup song for the whole school which is a hand jive. For a sample of a whole school engaging in this: http://tinyurl.com/missmewheniamgone | E-M-H | \$ Ask for donations for the cups |
| Get to give a manicure | P-E-M-H | ∅ |
| Get to learn an old-fashioned clapping game- research sources online. There are a ton. Student learns and then teaches to class | P-E | ∅ |
| Get to stand at the front door with the principal and share a special secret handshake of the day with students as they enter. | P-E-M-H | ∅ |
| Get to stand with the teacher at the classroom door and high five all the students as they enter the classroom | P-E-M | ∅ |
| When guest speakers come to the school, the student gets to go on stage and high five or greet the guest speaker | P-E-M-H | ∅ |

Notes for your ideas:

Escape

Escape is one of the larger reinforcers for students. As a matter of fact, the number one request of secondary students was a homework free night. The dictionary definition does not really define what the students are seeking: break free from confinement or control. They want more control over choices and small breaks.

| Escape | Age Level | Cost |
|--|-----------|---|
| Ask the teacher to use a student's stuffed animal to spend the weekend with him or her and have the animal tell the story of what it's like at the teacher's house (what the teacher saw, ate, went etc.) | P-E | ∅ |
| Assembly- Students can cash in gotchas to buy duct tape to duct tape the principal to the wall (willing participant) | E-M-H | \$ Donations of duct tape (it's expensive) |
| BBABG- Buy Back a Bad Grade – Chance to redo an assignment that was not up to par | E-M-H | ∅ |
| BBABG-Buy Back a Bad Grade for the whole class | E-M-H | ∅ |
| Be the assistant custodian for the last 15 minutes of the day | P-E-M-H | ∅ |
| Be the assistant custodian for the last 30 minutes of the day and erase scuff marks in the hallway with shortened broom handle with tennis ball on end | P-E-M-H | ∅ |
| Choose a fun poem or book for the teacher to read to the class as a break activity | P-E-M-H | ∅ |
| Choose five free answers to today's assignment | P-E-M-H | ∅ |
| Choose a guest speaker for the class | P-E-M-H | ∅ |
| Choose one question the teacher gives the answer to for the whole class | P-E-M-H | ∅ |
| DEAD 🎵 Drop Everything and Dance | P-E-M-H | ∅ |
| DEAD- Drop Everything and Draw | P-E-M-H | ∅ |
| DEAR- Drop Everything and Read | P-E-M-H | ∅ |
| Earn an Extra Daily Five of your choice | P-E-M-H | ∅ |
| Earn an Extra Recess | P-E-M-H | ∅ |
| Earn limo ride with principal (We get limo service donated by funeral homes. If business is dead, could they help us out by being a silent partner and driving the kids around the block for about 15 minutes) | P-E-M-H | ∅ |

| | | |
|---|---------|--------------------------------------|
| Enjoy a positive visit with the principal for 15 minutes | P-E-M-H | ∅ |
| Extra Free Choice Time | P-E- | ∅ |
| Free library passes for one hour to research any topic of your choosing | E-M-H | ∅ |
| Get to be the helper in another classroom for 30 minutes | P-E-M-H | ∅ |
| Get to choose 3 friends to eat lunch with you in the classroom (escape from the noisy lunchroom) | P-E-M-H | ∅ |
| Get to choose a brain break activity for the class- See "How Does Your Engine Run" for age appropriate ideas. "Brain Gym" is another source. | P-E-M-H | ∅ |
| Get to choose a teacher to help you clean and organize your locker or desk | E-M-H | ∅ |
| Get to go with the principal and other students who cashed in "gotchas" to a location for a social time (frozen yogurt shop, pizza shop)- This is social more than a food reinforcement | P-E-M-H | \$ Usually donated by business |
| Get to read a comic book from the teacher's supply during DEAR time | P-E-M-H | ∅ |
| Get to sit the last five minutes of class and just talk to friends. | E-M-H | ∅ |
| Get to skip one test question | P-E-M-H | ∅ |
| Get to tutor a younger or lower level student for 30 minutes | P-E-M-H | ∅ |
| Get to visit another classroom for 30 minutes and do their work with them | P-E-M-H | ∅ |
| Get to watch a video about classroom subject instead of reading textbook | E-M-H | ∅ |
| Get to watch a video during recess instead of going outside | P-E | ∅ |
| Hall pass to leave class 5 minutes early so you can go by the coldest water fountain and get a drink between classes | M-H | ∅ |
| Make deliveries to the office or another classroom for a proprioceptive activity | P-E-M-H | ∅ |
| Serve as a page for a local politician for the day. Write a paper about it and share with class for credit | M-H | ∅ |
| Shoot baskets at the trash can for extra credit points | P-E-M-H | ∅ |

| | | |
|---|---------|---|
| Stand in the hallway during class changing period and pass out gotchas for appropriate behavior. Pass to be 2 minutes late to next class. | M-H | ∅ |
| Walk and talk with an adult of choice at a time that is convenient | P-E-M-H | ∅ |
| Whole school agrees one night a week is a no homework night-dedicated to family time. A student can choose which night. | E-M-H | ∅ |

Notes for your ideas:

Supplies

Although no students reported wanting tangibles, we feel it is important to have school supplies and other items that students who have low socio-economic status have the chance to purchase. Dr. Riffel's definition of supplies: Things that are available to most students but not available to students in low socio-economic areas or with Family Members who do not provide.

| Supplies | Age Level | Cost |
|---|-----------|------|
| Cash in gotchas for any of the following items: (National Guard has many things for free. Ask churches to donate. Ask Family Members to donate.) | P-E-M-H | Ø |
| Pencils | P-E-M-H | \$ |
| Pens | P-E-M-H | \$ |
| Calculator | P-E-M-H | \$ |
| Protractor | P-E-M-H | \$ |
| Spiral notebook | P-E-M-H | \$ |
| Binder notebook | P-E-M-H | \$ |
| Backpack (National Guard has free) | P-E-M-H | \$ |
| Crayons | P-E-M-H | \$ |
| Markers | P-E-M-H | \$ |
| Color pencils | P-E-M-H | \$ |
| Drawing book | P-E-M-H | \$ |
| Notebook paper | P-E-M-H | \$ |
| Mechanical pencils | P-E-M-H | \$ |
| Twist n' write pencils | P-E-M-H | \$ |
| Pencil sharpeners | P-E-M-H | \$ |
| Erasers | P-E-M-H | \$ |
| Coupon for extra scoop of fruit at lunch | P-E-M-H | \$ |
| Coupon for extra scoop of vegetables at lunch | P-E-M-H | \$ |
| coupon for extra milk at lunch | P-E-M-H | \$ |
| Coupon for extra milk at breakfast | P-E-M-H | \$ |
| Coupon for extra juice at breakfast | P-E-M-H | \$ |
| Entrance ticket for school events | P-E-M-H | \$ |

| | | |
|---|---------|----|
| Rent a Family Member night- if Family Members are unable to attend an evening program- a volunteer at the school will stand in and provide transportation. (sometimes kids miss fun events at school because there is no Family Member to bring them) | P-E-M-H | Ø |
| Basketball to encourage outdoor play | P-E-M-H | \$ |
| Football to encourage outdoor play | P-E-M-H | \$ |
| Baseball to encourage outdoor play | P-E-M-H | \$ |

| | | |
|--|---------|----|
| Hula hoop to encourage outdoor play | P-E-M-H | \$ |
| Jump rope to encourage outdoor play | P-E-M-H | \$ |
| Coupon for one free Family Member signature – for those students whose Family Members “forget” or “won’t” sign a permission slip- with a phone call and verbal permission, the school administrator will sign the student’s permission slip to attend an event | P-E-M-H | Ø |
| Tennis shoes | P-E-M-H | \$ |
| Hair cut | P-E-M-H | \$ |
| T shirts or school uniform shirts | P-E-M-H | \$ |
| Underwear | P-E-M-H | \$ |
| Socks | P-E-M-H | \$ |
| Toiletry needs (shampoo, soap, laundry soap) | P-E-M-H | \$ |
| Reading material for home use | P-E-M-H | \$ |
| Offer to take student to library to study in the evening if they come from a home where they cannot study | M-H | Ø |
| Allow student to stay after school and work until the building needs to be empty and provide safe transportation home | P-E-M-H | Ø |
| Cans of food for family for the weekend | P-E-M-H | \$ |

| | | |
|---|---------|---|
| <p>Coupons for the family – all donated by restaurants and businesses:</p> <ul style="list-style-type: none"> • Bowling alleys • Chik-fil-a • Frozen Yogurt • Ice cream parlors • Jiffy Lube • McDonald's • Movie theaters • Museum passes • Pizza Hut • Pretty much any business you go with your family, there are some kids who have never been- when you visit, ask to talk to the manager and ask them to consider donating. You can give them a tax write-off notification for donating. • Skating rinks • Sonic • Swimming passes • Theatrical productions | P-E-M-H | ∅ |
| <p>A group of middle schoolers told me that it would be cool to be able to get your backpack monogrammed. The rich kids had monogrammed backpacks and the poor kids didn't. If a teacher had a Cricut machine, heat transfer vinyl is inexpensive and could be used to make iron on monograms for backpacks. Helps the students fit in.</p> | | |

Notes for your ideas:

100 Free or Inexpensive Reinforcements for Family Members to Offer

Their Children

Free or Inexpensive Reinforcements for Family Members

Young Children

1. Ask your children if they'd rather have a dollar a day for thirty days or a penny a day that doubles each day for 30 days. In other words, on day one 1 cent, day two 2 more cents, day three 4 cents and so on. Once they decide then help them figure out which one would have been the better deal. \$10,737,418. 23 at the end of 30 days with the double the pennies per day. This is just a hypothetical situation; they don't really get the money ☐ But it's a fun interaction.
2. Assist the Family Member with a household chore
3. Attach cork panels to a wall in the kitchen or put in a large picture frame and put a special piece of art, poetry, or an exceptional paper on the board and have the entire family view and comment at dinner on the highlighted piece.
4. Bury treasures in a sandbox for the child to find. Put letters in plastic Easter eggs and they have to put the letters together that spell treat the child will receive. (Ideas: a walk with grandma, bike riding at the park, etc.)
5. Buy your child an inexpensive digital camera and have them take pictures and then gather the family with popcorn and watch the video on your television by hooking the camera to the television or upload to the computer and attach the computer to the television. Have everyone choose a favorite photo and talk about it. Let them use your phone and take pictures that you turn into a PowerPoint presentation instead of watching television.
6. Camp out in the backyard with a Family Member.
7. Change the screen saver on your computer to say, "My child is the greatest." ...or something that would make them feel good about themselves. Do this at your office and then take a picture of it or take your child to your office on the weekend and let them see it.
8. Check with your local humane society and see if they allow children under 18 to volunteer to feed and water the animals. (Some shelters only allow adults over 18). Let your child earn the privilege of going to the shelter to feed and water the animals. Perhaps they can walk a small dog or pet a cat. IF they don't allow children to volunteer, the child can earn some money and donate dog or cat food to the shelter.
9. Dig shapes in the sandbox and then decorate with items found around the house. Pour inexpensive plaster of Paris into the shape and wait to dry. When it's pulled out it will be a sandy relief that can be hung on the wall (if you remember to put a paper clip in the plaster of Paris on the top before it dries ☐)

10. Download a fun recipe and let your child help you make that recipe as a surprise for the rest of the family that evening. (Put up signs that say, "Secret Cooking in Progress". Must have special pass to enter the kitchen.)
11. Find an old croquet set- probably on Ebay. Set up croquet in your yard and challenge your child to a game of croquet. The winning child gets to choose what the family eats for dinner.
12. Find an old-fashioned popcorn popper (not an air popper). Spread an old sheet out on the living room floor, put a little oil in the popper and then have your children sit outside the perimeter of the sheet. Put a few kernels of popcorn in the popper and watch them fly up in the air. The kids will love watching this. For a special treat pour cinnamon sugar on the popcorn after it pops.
13. Find some light balsa wood and create a boat powered by a rubber band and paper clip paddle wheel. Make a unique sail and take the boat to a creek or lake nearby and help your child launch their boat. Be sure to take a butterfly net to retrieve the boat when it goes downstream. (Proactively, you could put an eye hook on the front of the boat and attach some fishing line to it so it can be brought back to shore.)
14. Get a car ride to or from school instead of the bus
15. Get to ask friends to bring dog and cat food to their birthday party instead of toys that will break. Take the food to a shelter the day after as a reinforcement. They will get a ton of attention from the staff.
16. Get to be the first person to share 3 stars and a wish at the dinner table (3 good things that happened that day and one thing they wish had gone better.)
17. Get to choose the game the family plays together that night
18. Get to choose the story the family reads out loud together (read the classics)
19. Get to choose what is fixed for dinner that night- example: "You get to choose: I can make tacos or meatloaf. Which do you want me to fix?"
20. Get to create a family night activity- roller skating, hiking in the park, picnic dinner on the living room floor or under the dining room table with blankets over the top.
21. Get to decorate paper placemats for the dining room table for dinner that evening
22. Get to gather old toys and take to a shelter for children who have nothing
23. Get to go shopping with a Family Member as an only child. Give them a special task to look for something that you are seeking. For example: "Here's a picture of a blue blouse that I'm trying to find. Help me look for something that looks like this."
24. Get to go with a Family Member to volunteer at a retirement home (the children will get tons of attention)
25. Get to have a picture framed for mom or dad's office
26. Get to help Family Member fix dinner- shell peas, peel potatoes, make art out of vegetables, make ants on a log etc.
27. Give your child a nice piece of Manila paper and some wax crayons. Have them color a design on every inch of the paper- could be stripes or wavy lines- whatever they desire. Then have them cover the entire page with black crayon. They color over the entire page. Then give them a paper clip and have them open one end and scratch a cool design into the black crayon. The colors underneath will show through. Do an art gallery tour and have tea and cookies after looking at the different pictures.

28. Give your child a special piece of jewelry that belongs to you to keep and wear for the day. (Nothing that costs a lot of money- but something that looks like it is special to you.) The child will feel special all day long.
29. Go outside and collect cool leaves and flowers. Come inside and put those leaves and flowers between two sheets of wax paper. The Family Member will iron these two sheets together and create placemats for everyone in the family for the evening.
30. Go to your local appliance store and ask them to save a refrigerator box for you. The next time your child earns a reinforcement, give them the box and help them plan and decorate the box to turn it into anything their imagination desires.
31. Have a date night with your child as an only child. Take your child out to dinner and a play or a movie.
32. Have a talent night for the family. Have everyone keep it a secret what they are doing and then perform for each other.
33. Have the bedroom fairy come while they are at school and choose the bedroom that is the neatest. Hang a fairy from the doorway of the room that is the neatest and that person gets to sit in "Dad's chair" to read that night. (Or something that would be appropriate at your house).
34. Have your child collect some toys they have outgrown. Clean up the toys and take them to a local hospital children's ward and donate the toys to the ward. The child will get lots of attention and feel good.
35. Help your child organize their room giving them a mnemonic to help them remember where things go- for instance teach them the color order of the rainbow and then teach them to hang up their clothes in color groups matching the order of the rainbow (ROYGBIV). Later on, when you catch them hanging up their clothes in the correct place draw a "rainbow" award for their good work and put it on their door as a surprise when they come home.
36. Let your child design thank you cards, birthday cards, or holiday cards and use them to send to friends and relatives. Make sure they sign their work.
37. Let your child dictate where you drive on the way home from a location. In other words, they have to tell you turn left here...turn right here. If they happen to steer you into a Baskin Robbins Ice Cream Parlor, it wouldn't be a horrible thing to stop and have a family treat together.
38. Let your child earn 5 minutes of either staying up later or sleeping in in the morning. Use that time to read together if they stay up later.
39. Let your child help you do the laundry and then pay them with a special dessert for dinner. Be sure to say, "Since you helped me save time by helping me fold the laundry, I have time to make this special dessert for dinner."
40. Let your child take the digital camera out in the back yard and then come back in and turn those pictures into a story on the computer. Help them print off their book for a distant family member.
41. Make a story on the computer with your child using Microsoft's PowerPoint program. Let your child be the star of the story.

42. Make **Papier-mâché** Halloween masks by taking punch ball balloons and spreading the paper strips over the balloon shape. Make noses, horns, tongues whatever they desire and then paint when dry. You will have a unique and free Halloween costume and you will have given your child tons of attention.
43. Make special mud pies in the backyard with mom or dad or have a family contest to see who can make the best mud pie.
44. Mystery grab bag. Take an old pillowcase and put slips of paper inside listing some of the reinforcers on this page and let the child draw out the reinforcer they are going to get for their behavior reinforcer.
45. Play hide and go seek in your house in the dark. Turn out all the lights and have everyone hide. One person is “it” and they have to go around the house and find the people who are hiding. It’s really a great way to help your children not be afraid of the dark. You can limit it to one or two rooms if your children are young.
46. Play secretary and let your child dictate a story to you. Type up the story and send it out to some relatives who will call them and tell them how much they liked the story.
47. Play the “Gatekeeper Game” with your child. You make up cards of animals (pictures or words)- hold out your arms like a gatekeeper. As the child approaches with a card, tell them the animal can pass or not pass. If they can pass, the child lays the card down behind you. Otherwise, the card is discarded. At the end of all the cards, the child has to decide why some animals got through and others didn’t. (Could be farm animals, animals with four legs, animals that can fly, animals that lay eggs- lots of possibilities)
48. Send an email to a relative telling them what a good job they had done on a project at school. In other words, email Aunt Linda and tell her about the “A” you got on your spelling test.
49. Sign your child up for acting lessons (they have to have earned this privilege). Many universities offer free acting classes on the weekend for children.
50. Start a family story at the dinner table and each person in the family has to tell a part of the story. The child being reinforced gets to start and end the story.
51. Surprise your child with a scavenger hunt around the house. If they read, give them written clues hinting as to where the next card is hiding. At the end have them find a note that tells them their big reinforcer. (If your child can’t read, you can use pictures.)
52. Take a tension curtain rod and put it in the door frame with some old curtains attached. Let your child put on a talent show for you as they enter through the curtain.
53. Take all the kids to grandma and grandpa’s house except one and let that child stay home with mom and dad and be “only child” for the weekend. The other kids will get spoiled with lots of attention by grandma and grandpa and the “only child” will get lots of attention from mom and dad. (If you don’t have grandma and grandpa nearby- trade with another family taking turns to keep each other’s children.)
54. Take your child fishing. It’s a great place to have some really in-depth conversations.
55. Take your child for a ride looking for items that start with each letter of the alphabet. Take the child’s picture in front of each item that starts with that letter and then put it

together as an ABC Book. For example: "This is Johnny in front of Applebees." "This is Johnny in front of BlockBuster." And so on....

56. Take your child on a nature walk and collect rocks. Bring the rocks back home and have a contest painting the rocks to look like animals.
57. Take your child to an art gallery and then have them draw a picture of their favorite painting or statue. Possibly stage a mini art gallery tour of the child's work for relatives who are coming to visit. Serve cheese and grape juice.
58. Take your child to the local fire department. As long as they are not busy, they will be glad to show the child around and give them some great attention. Most children have seen a fire truck, but few have actually gone to the fire department to see what it looks like.
59. Take your child to the university astronomy lab. (It is usually free). Help them place stars on the ceiling of their room in their favorite constellation. If possible, they could paint the stars with "glow in the dark" paint.
60. Take your child to the zoo for a scavenger hunt you've created. They have to take pictures with your phone or a disposable camera of the following:
 - a. Animal that flies
 - b. Animal that is a carnivore
 - c. Animal that is a mammal
 - d. Animal that is a reptile
 - e. Animal that is all one color
 - f. Animal that is an amphibian
 - g. Animal that is an herbivore
 - h. Animal that is nocturnal
 - i. Animal that is two colors
 - j. Animal that swims
 - k. Animal with a tail
 - l. Animal with four legs
 - m. Animal with spots
 - n. Animal with stripes
 - o. Animal with two legs
 - p. Animal you can pet
 - q. Animal you cannot pet
61. Take your children to the library one at a time and give them special one on one time at the library checking out books or listening to stories.
62. Teach your child how to darn a sock and then turn it into a magical sock puppet. Put on puppet shows for each other.
63. Teach your child how to throw a football, shoot a basket, kick a field goal, hit a baseball, and putt a golf ball. Then for fun, switch hands and try to do all of those things with the opposite side of the body.
64. Tell your children you have a surprise performance for them. Get a stocking cap and lay on a sturdy table with your head hanging chin up in the air. Cover all of your face with the stocking cap except your chin and mouth. Draw two eyeballs on your chin and then lip

- sync to a silly song. It looks really funny, like a little headed person with a big mouth singing. Then let your child put on a performance for you.
65. Turn your dining room table into a cave by covering it with blankets, quilts and sheets that cover the top and sides down to the floor. Lay inside the cave and draw picture by flashlight to hang on the wall of the cave- just like the caveman drawings. You can safety pin the pictures to the "cave walls".
 66. Write a story for your child where the child or their personal hero is a character in the story.

Teenagers

1. A gallon of paint is inexpensive. Let the child choose the color and help them paint their room. You can also buy mistake paint (colors that didn't work out for others) and let the child paint a mural on their bedroom wall.
2. Choose a family member of the month and make a poster of them. Let them choose Friday night dinners for the month.
3. Do some research for your teenager. For example, if your teen is studying Greek Mythology go to the library and check out all the books on Greek Mythology for them or download some appropriate materials from the Internet (be careful of the Internet as some information is not correct).
4. Do your own *Trading Spaces*. Family Members redecorate the teen's bedroom and the teen redecorates the Family Member's bedroom.
5. Have a contest to see who can find something that no one in the family can guess what it is. For example, a shirt stays, or the inside spring to a toy, things that might not be recognizable away from their use.
6. Have everyone come to the table with a quote and then a contest to see who can guess who made the quote famous.
7. Help your teen become a big brother or sister to a child who needs a mentor. There is no greater gift you can give yourself than that of service to someone in need.
8. Help your teenager organize their notebook using color coded folders for each subject and pocket folders for study cards.
9. Help your teenager study for a test by downloading a free *Who Wants to be a Millionaire* PowerPoint game and put the answers to your teenagers' test into the game and then play to help them study.
10. Hide positive messages all over your teenager's room, in their books they use at home (you don't want them to get embarrassed at school), on their bathroom mirror, etc.
11. Hire your child to be an interior decorator and using only items available in the house, redo a room in the house.
12. Let them drive the "good" car for a special occasion.
13. Let your teen host the training of a guide dog. This will teach them responsibility and give them a sense of pride.
14. Let your teenager play their music during dinner and talk to you about why they like each song that plays.

15. Make a deal. If your child maintains the grades you agree upon, does not have any unnecessary absences, and has been agreeable, allow them to take a mental health day and stay home on a day you are home as well. Go window shopping together, fishing, go-kart riding, or whatever would float your child's boat. My mother did this with us when we were children and I still remember these days fondly.
16. Make a scrap book of your teenager and their friends with ticket stubs and pictures and present at a surprise party.
17. Make a special mix CD for your teen of their favorite songs. You can upload I-tunes and then copy their own CD's into the program and mix and match their favorite songs onto one CD, so they don't have to flip through CD's to listen to their favorite songs.
18. Make flash cards for your student's exams to help them study for a big exam.
19. One of the greatest gifts you can give to a teenager is to teach them charity. Sign up to work in a soup kitchen, nursing home, or other similar area and work with them once a month.
20. Organize a neighborhood football or basketball game "oldies" vs. "youngsters" or "men" vs. "Women" and then have a block barbecue afterwards.
21. Save your change for a year. Let your teenager choose what to do with that money. One family that I know saved enough to take a family of six to Disneyland.
22. Scan your teenager's papers or artwork and have them bound in a book (www.lulu.com has inexpensive binding available). Present the book to your teenager at a special dinner.
23. Surprise them with their favorite dessert for no special reason.
24. Surprise your teen with a scavenger hunt all over the house when they get home from school. Make the clues hard to figure out. I always had a little reinforcer at the end like baseball cards.
25. Take your teen to a museum, on a nature walk, to a sporting event, whatever would float their boat. It's the time you spend with them that is important and there are many free events you can attend.
26. Tape record your student's study questions onto a tape recorder for them so they can listen to them while they are going to sleep.
27. Teach your children how to play a game like *Spoons*, *Canasta*, *Poker*, etc. And have a family game night.
28. Teenagers have a difficult time with their emotions. Download yoga lessons from online and do yoga breathing exercises together as a family. Talk to your child about using these techniques when they feel tense at school.
29. Teenagers need extra-curricular activities; however, these activities are expensive. Work out a deal with the karate teacher, horse stable, art teacher, sport coach etc. Offer to provide transportation, house cleaning duties once a month, or precooked meals to get a discount on these classes for your teenager.
30. Turn out all the lights in the house and play hide and go seek in the dark. The person that can stay hidden the longest gets to choose the movie the family watches on Saturday night. Our personal children loved this well into their teens because they got better at hiding.

31. Use plastic Easter eggs and put dollar amounts in the eggs on slips of paper and number the eggs with a permanent marker. Play *Deal or No Deal* with one of the Family Members playing the banker.
32. Watch an old black and white classic movie together and talk about how movies have changed. My children loved “Harvey” with Jimmy Stewart when they were teenagers.
33. Watch Jeopardy and give each family member a pad of post it notes or index cards. Have everyone write down what they think the answer is and keep points. The person who wins gets to pick what the family does as an activity that weekend.
34. Write a story about the 20 things you love about them. Include fun pictures.
35. Write half a story or poem and let your teenager write the other half. Submit the story for publication.

Notes for your ideas:

