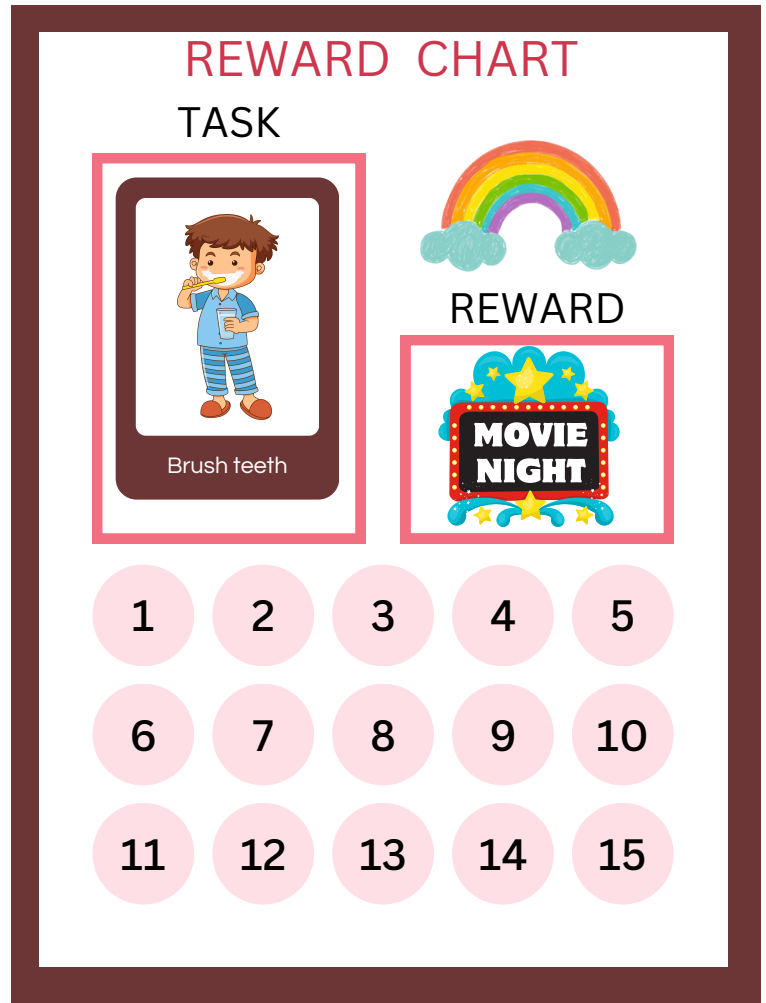




Setting Goals

DO NOT PRINT -
instructions



Below is a set of task cards - activities your child may do as part of their morning or evening routines. Cut out the cards and discuss the activities that are relevant to your child.

Together decide if they can do these tasks independently or if they need to practice. You can use the cards with a reward chart and set goals for your child, as demonstrated above.

Discuss your child's goals with them and give clear instruction as to how they can be achieved. Rewards can be anything from movie night either at home, or a day at the park. You choose!

REWARD CHART

TASK



REWARD

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

REWARD CHART

TASK



REWARD

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

REWARD CHART

TASK



REWARD

1

2

3

4

5

6

7

8

9

10

11

12

13

14

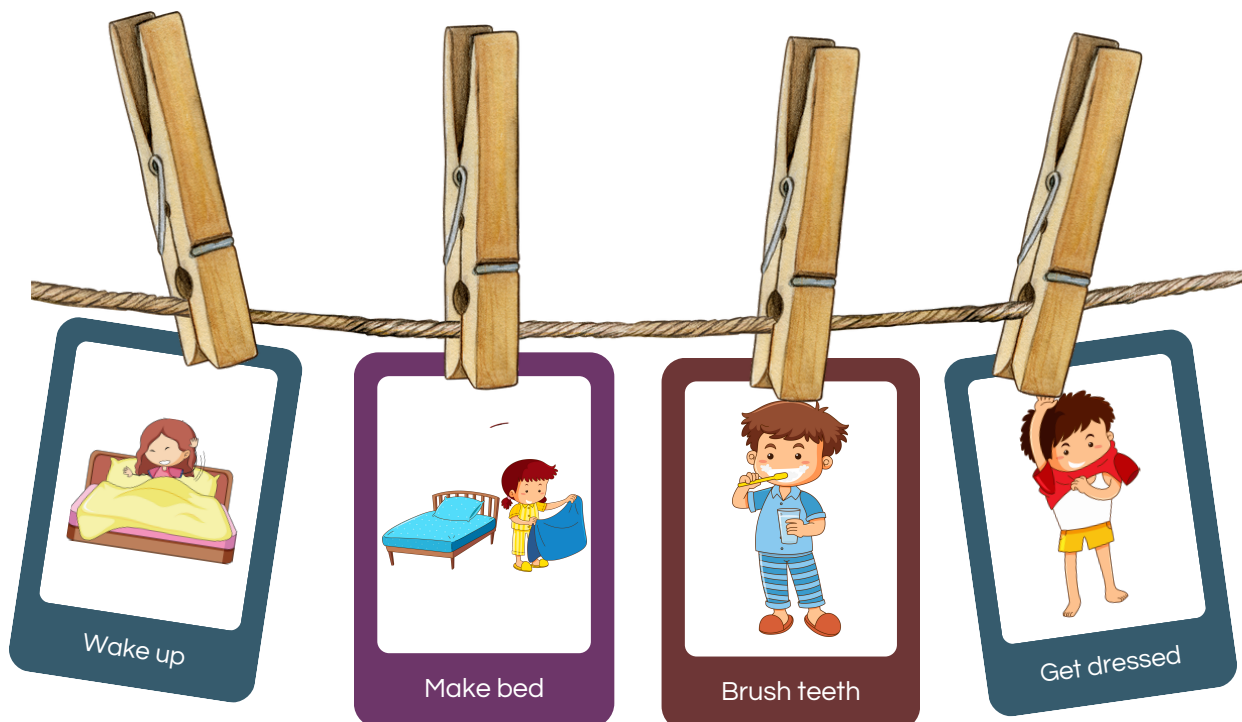
15



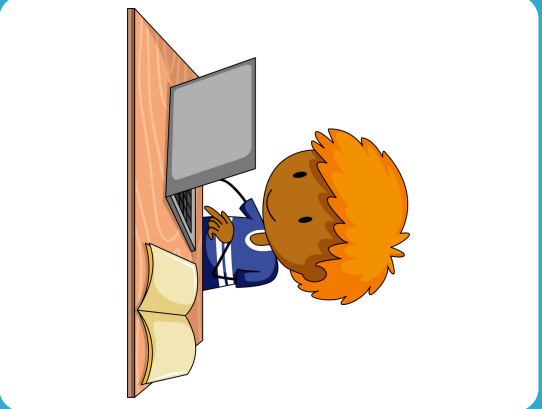
DO NOT PRINT - instructions

"Alternatively, choose a number of activities your child may do as part of their morning routine. Using a piece of string and some pegs, create a morning, evening, or both daily routine chart. Every morning before school, or evening before bed, ask your child to prepare their charts ready for the day ahead.

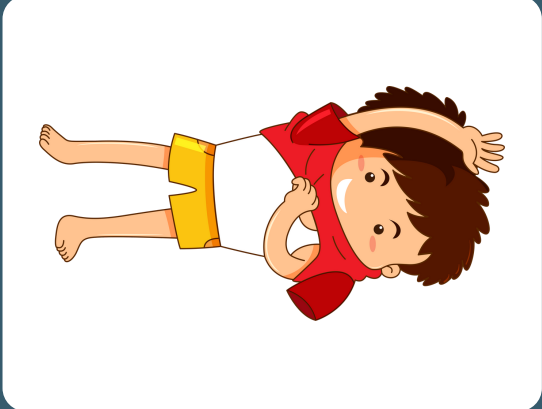
Throughout the morning or evening, as they complete a task, ask them to unpeg that task and pop it back into the card box ready for tomorrow. Once a child has completed all their daily tasks, make sure they know what a great job they have done taking care of themselves. Give lots of praise and positive reinforcement."



School work



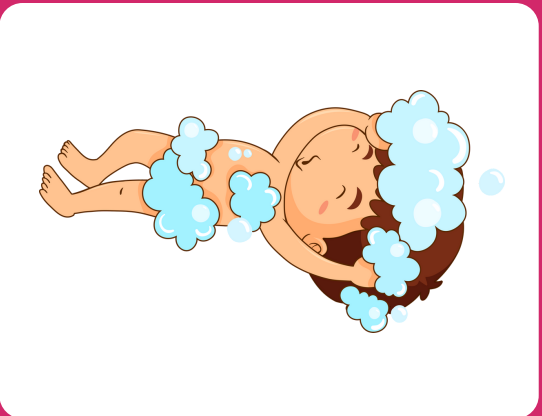
Get dressed



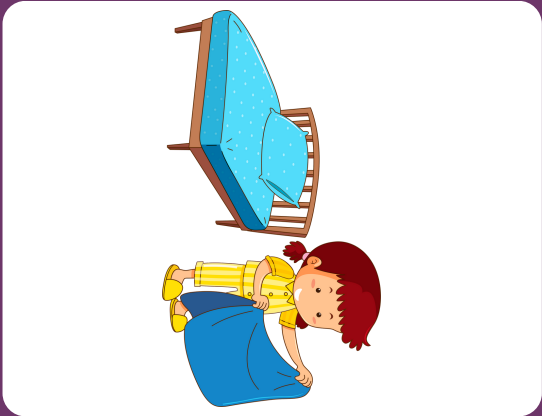
Brush teeth



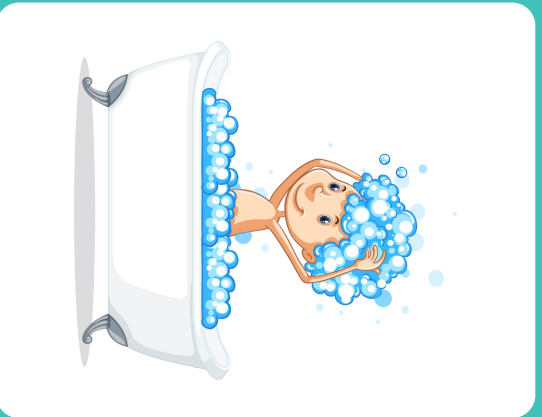
Shower



Make bed



Bath



Paint



Go to school



Wake up



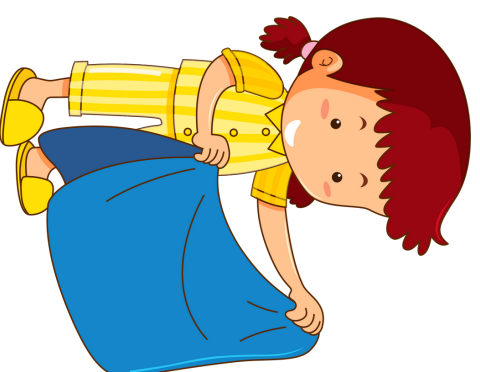
Brush teeth



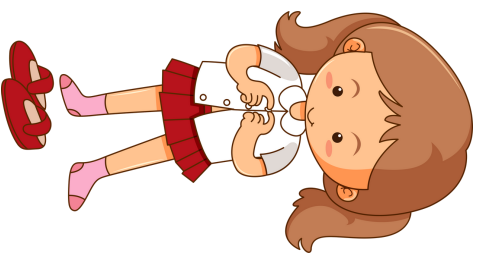
Bath



Make bed



Get dressed



Draw



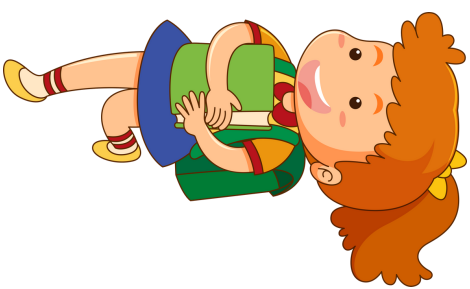
Sleep time



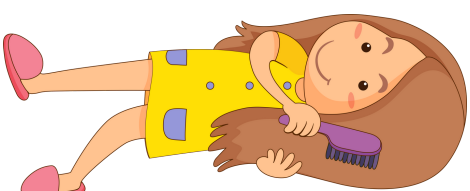
Go to school



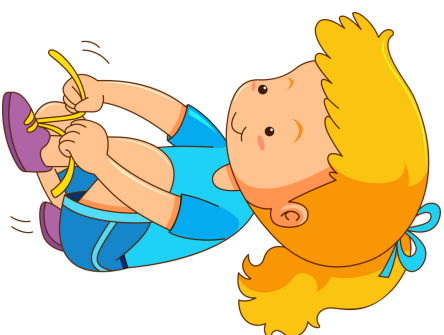
Home time



Brush hair



Shoes on



Dinner



Breakfast



Learning



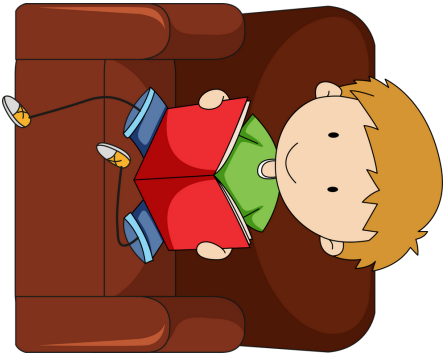
Jobs



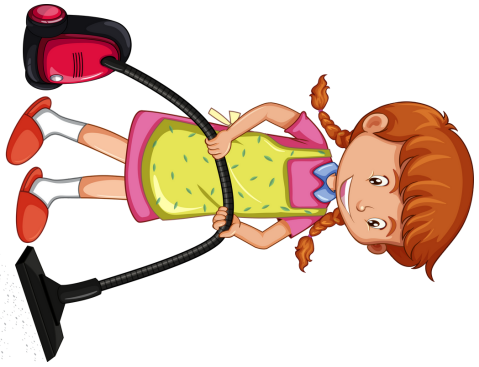
Jobs



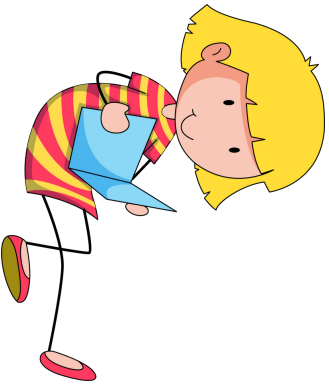
Reading



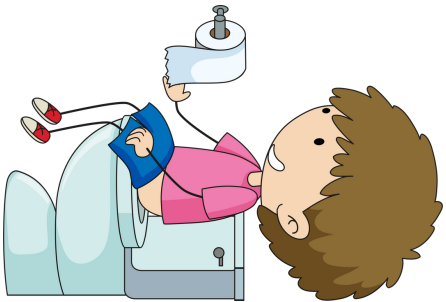
Jobs



Reading



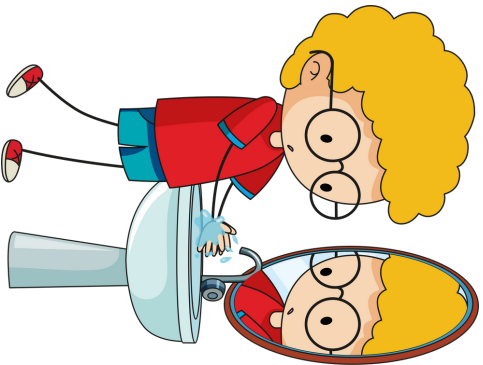
Go to toilet



Homework



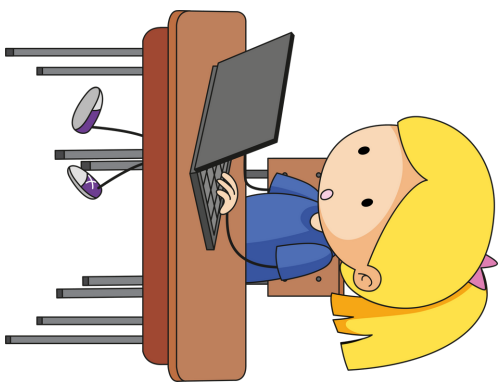
Wash hands



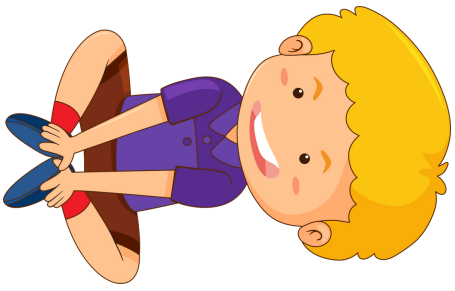
Study



Homework



Sit



Wake up



Dance



Sleep time



Dance



Sleep time



Go to school



Hug



Watch movie



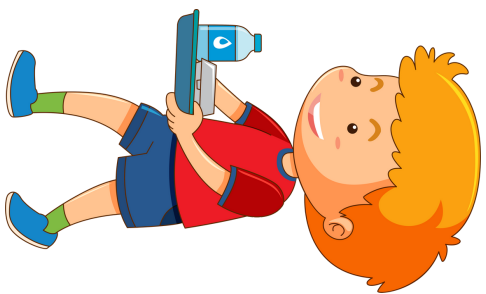
Drawing



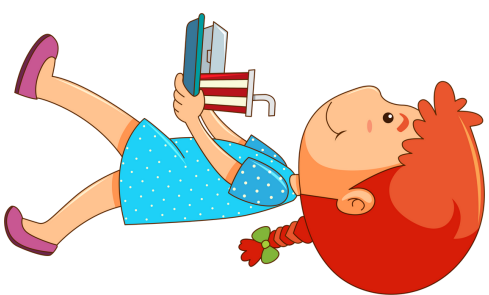
Play time



Lunch time



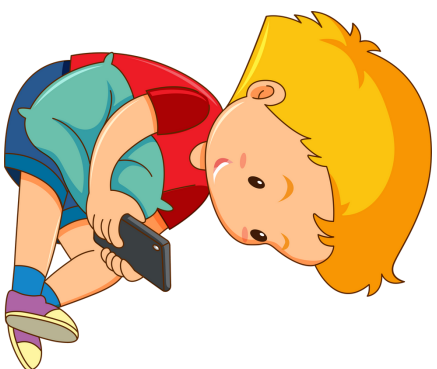
Lunch time



Device time



Device time



Show bravery

