

Activity—Developing a Chart

Use the guideline in Class #6 to develop a chart for one of your children.

1. Identify goals—yours and your child's
 - **Your goals:**

 - **Child's goals:**

2. Set a time limit

3. Using the information from #1 and #2, develop a chart to help your child reach his or her goal. Remember the hints listed below. Use the back of this page to brainstorm and make a rough draft of the chart.

Hints for Successful Charts

1. State the goal positively
2. Follow through on the agreement
3. Make the goals specific and measurable
4. Keep the goals reasonable
5. Provide the consequence (reward)
6. Make it fun!