

How To Use The Point Sheet at Home

We know it's difficult during these times for both you and your children. It is helpful to have everyone have some structure and accountability during their day. Having structure can help decrease anxiety by helping us know what needs to be done in a day and a time frame to do it in. During the school day we review the expectations and tasks for the day with the point sheet.

*Students typically have the point sheet in front of them in the morning to look at what the day's schedule is like and to review how they earn points each period. Remind your children of the criteria on the top of the point sheet and what they may look like in your house. For example, for follow directions it may look like working for the given time period, starting the task when asked, and completing the work when indicated.

*Students will earn 2 points for completing tasks when asked the first time without incident, 1 point if they required some redirection or gave you a hard time with the task, and 0 points if they didn't complete the task or verbally argued about the task. Points should be done after each time period on the left column of the point sheet. It is helpful to go over the points with your son/daughter so that you can understand each other and get on the same page. The conversation is almost always the most important part when giving points. The conversation may sound like, "I'm thinking you earned 1 point for follow directions because I needed to remind you a couple of times to sit down and a focus on your work." Your child may say, "But I got the work done." And a response could be, "You did and that's great and you will get 2 points completing work but next block lets try to see if you can sit and get your work done without me reminding you so many time."

*Students get to “start-over” each block with emphasis on how you can have a tough time and it will not ruin your whole day. There is always opportunity to start over and we often experience little bumps in the road.

*The purpose of the points is to earn as much as they can to be able to have access to preferred tasks. At school, the higher the points the more preferred activities they have access to. Find out what motivates your child for incentives and work with them what activities could be appropriate for each level. An example would be, level 4 access to Xbox games for 40 minutes, level 3 IPAD games, level 2 matchbox cars, level 1 drawing or coloring. Children who earn level 4 can have access to all available incentives. But Xbox is only available on a level 4. Sometimes students have a hard time when they have not earned what they want to do and may cry or temper tantrum. That’s ok! The goal is to for them to learn that they are working to get access to what they want. We encourage them that the next incentive time is not to far away and we can try again to earn that level. This is a good time to go over the criteria again and to problem solve what they can do to get access to what they want.

*Students who get frustrated with the work or are having a hard time settling down to do their work can be reminded to use their strategies to help them calm down and get focused. Students have been taught to take deep breaths and count while paying attention to their belly as they breathe. Some students like to have fidget tools such as squishy balls or textured materials while others like to stretch their body or complete an exercise task. There are many fun yoga, breathing and dance activities on web site Go Noodle. Your child is very familiar with this web site and are familiar with approximately 85% of the activities. A great way to start an academic task is to say, “Ok let’s pick one Go noodle activity we can do together before we start.” The children love when adults do the activities with them and it’s a good time to laugh and have fun together. Its may also be helpful and motivating to your child if you allow a go noodle activity once the academic task is done. These are short and fun mindful activities between 2-5 minutes. May be fun for the whole family!