

_____ 's Reward Chart



GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. "Turtle Tuck Technique" 							
2. 							
3. 							

5 = _____

10 = _____

25 = _____

Turtle Tuck & Reward



Goal Examples:

1. Practice the “**Turtle Tuck**”
 - Step 1: Identify feelings
 - Step 2: Think “STOP”
 - Step 3: Tuck into shell
 - Step 4: Roll out of shell
2. Keep Hands & Feet to Self
 - Use your words to express yourself
 - No pushing, hitting, or kicking
3. Positive Communication
 - Talk in a calm and patient voice
 - Avoid eye rolls, arms crossed, or foot stomping
 - Wait your turn to speak and listen to others
4. Complete Supervised Chores
 - Clean up toys
 - Make bed
 - Clear dishes
 - Feed or walk pet

Resource List:

- “Tucker Turtle Takes Time to Tuck and Think” Social Story: csefel.vanderbilt.edu/scriptedstories/tuckerturtle.ppt
- Parenting Resources: Webster-Stratton, C. (2006). **The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years.**
 - Social-Emotional Development Resources: www.incredibleyears.com
 - Behaviour Charts: www.freeprintablebehaviorcharts.com

