

One Behavior and Habit at a Time

Lesson Plan

This lesson plan is designed to be a simple template guide to help you:

- Choose a behavior, with your children, for them to work on
- Assess your children’s current level of understanding and help them to understand the behavior
- Show them, and get them excited, about earning the Gold Star Reward Sticker for each behavior
- Help them to understand what words and actions they should use—a fun rhyme or memorable saying—share helpful tips and roll play with them
- Establish an incentive to be given after they master a difficult behavior
- Celebrate with them, give them praise, award the sticker, and put it on the behavior tracking chart when they demonstrate their learning
- For hard behaviors, award an incentive after the behavior is mastered in the agreed upon timeline

Motivate: Speak with excitement, “This week, we are going to practice a new good behavior, and you get to earn something special! When you practice the good behavior every day for ____ days, then you can earn something you really want. What do you really want to earn?” Examples: Make a trip to the park. 30 minutes more video game or television time.

Start: Introduce the desired behavior in a positive way, or let the children pick the behavior. Make sure they understand the behavior and exactly what is expected of them, including words and actions. “This week, we are going to practice (behavior) *Picking Up Toys*.”

- Show them the Peter the Panda “Picking Up Toys” Gold Star Reward Sticker.
- Share the flashcard, showing the wonderfully illustrated characters using the behavior, and the fun rhyme: “Playing with toys is a lot of fun. Just put them away when you are done.”
- Share the exact words and actions you expect from them. If needed, use “helpful tips” or in a nice voice explain how to put away their toys.

Explain: “The reason (behavior) *picking up toys* is important is because (results) *you don’t want anyone to trip on the toys; you can find your toys when you want to play with them, and it keeps other people from having to clean up after you.*”

Check for Understanding by asking a role-playing question and listen: “Why do you want a clean room?”

Confirm Incentive: Review how and when the stickers will be awarded, and how many days they need to demonstrate the behavior to earn their incentive. “When I see you have (behavior) *put away all your toys*, you will earn the (behavior sticker) “*Putting Away Toys*” Gold Star Reward Sticker, and we will put it on this chart. If you earn one sticker every day for ____ (insert number of days), then we will _____ (insert incentive). Sound good?”

Pay Attention, Celebrate, and Gently Correct When Necessary: “Wow! Great job for (behavior) _____!”

Remind Children WHY You are Celebrating: “Treating others the way you want them to treat you is the right thing to do,” or “It’s important to (behavior) _____, even when someone isn’t watching”, or “Just because someone else acted badly is not a reason to act badly in return.”

Lesson Plan

Start: “This week, we are going to practice (behavior): _____

Explain: “The reason using the behavior is important is because: _____

Helpful Tips: **Show** them the applicable Gold Star Reward Sticker.
Share the applicable flashcard details:

Words and actions to use: _____

Fun rhyme (or saying): _____

Helpful tip(s): _____

Role-playing question: _____

Role-playing response: _____

Confirm Incentive: “When you _____

you will earn the _____ Gold Star Reward Sticker
and we will put it on the tracking chart.

If you earn one sticker every day for _____ days, then you will earn (incentive):