

Throwing



Sometimes I feel mad and I throw things.



Throwing is not a good choice.



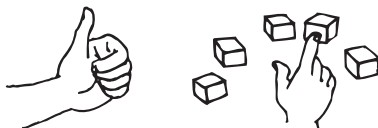
I might hit someone. That might hurt.



I will try not to hurt people.



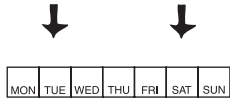
I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

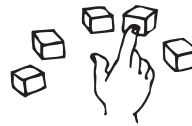
Breaking Things



Sometimes I feel mad and I break _____
(item)



Then I can't fix _____
(item)



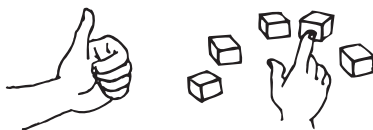
Breaking _____
(item) is not a good choice.



I will try not to break _____
(item)



I will try to _____
(appropriate behavior*) when I am angry.



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Tearing



Sometimes I feel mad and I tear paper.



Now I can't write on the paper.



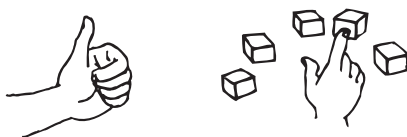
Tearing is not a good choice.



I will try not to tear paper.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

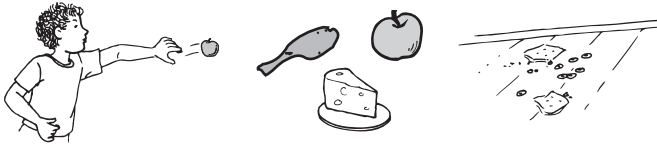
Throwing Food



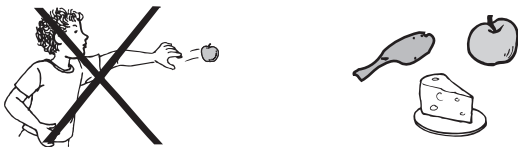
Sometimes I feel mad and I throw food.



Throwing food is not a good choice.



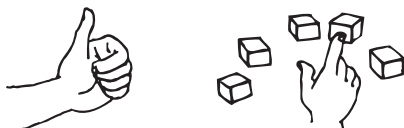
Throwing food makes a mess.



I will try not to throw food.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

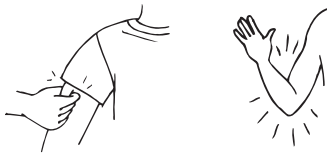
Pinching



Sometimes I feel mad and I pinch people.



Pinching is not a good choice.



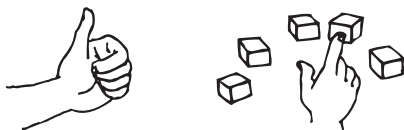
Pinching hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Hitting



Sometimes I feel mad and I hit people.



Hitting is not a good choice.



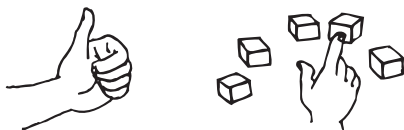
Hitting hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Biting



Sometimes I feel mad and I bite people.



Biting is not a good choice.



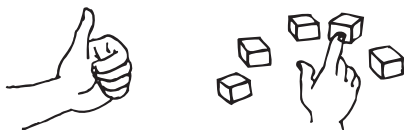
Biting hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

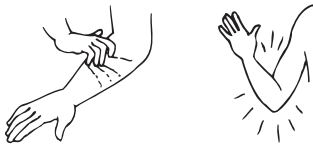
Scratching



Sometimes I feel mad and I scratch people.



Scratching is not a good choice.



Scratching hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Kicking



Sometimes I feel mad and I kick people.



Kicking is not a good choice.



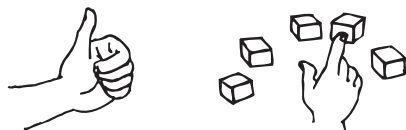
Kicking hurts.



I will try not to hurt people.



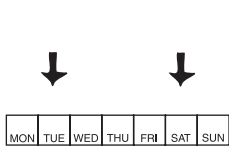
I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

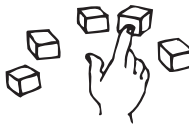
Head Butting



Sometimes I feel mad and I hit people with my head.

head butting

This is called "head butting."



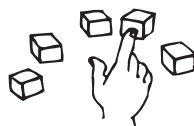
Head butting is not a good choice. Head butting hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Pushing



Sometimes I feel mad and I push people.



Pushing is not a good choice.



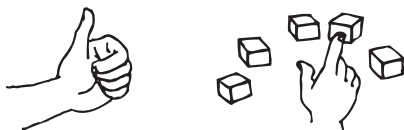
Pushing hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Choking



Sometimes I feel mad and I choke people.



Choking is not a good choice.



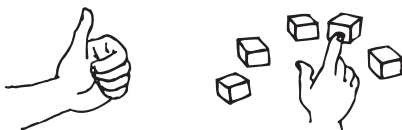
Choking hurts.



I will try not to hurt people.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Pulling Hair



Sometimes I feel mad and I pull hair.



Pulling hair is not a good choice.



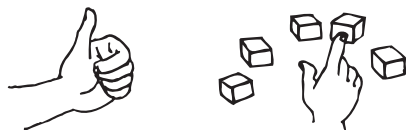
Pulling hair hurts.



I will try not to pull hair.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Stomping on Feet



Sometimes I feel mad and I stomp on feet.



Stomping on feet is not a good choice.



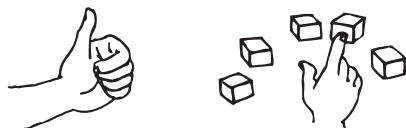
Stomping on feet hurts.



I will try not to stomp on feet.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Pulling Out Own Hair



Sometimes I feel mad and I pull out my hair.



Pulling out my hair is not a good choice.



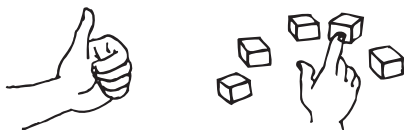
Pulling out my hair hurts.



I will try not to pull out my hair.



I will try to _____ when I am angry.
(appropriate behavior*)



This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Biting Self



Sometimes I feel mad and I bite myself.



Biting myself is not a good choice.



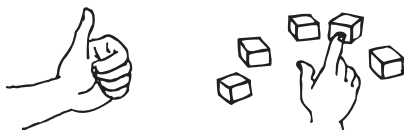
Biting myself hurts.



I will try not to bite myself.



I will try to _____ when I am angry.
(appropriate behavior*)



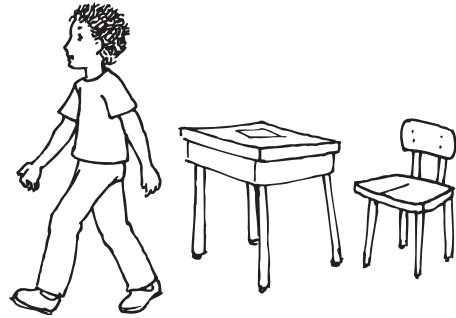
This is a good choice.

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Anger Choice Sheet



Say "I'm angry!"



Go to a quiet area.



Listen to music.



Take deep breaths.

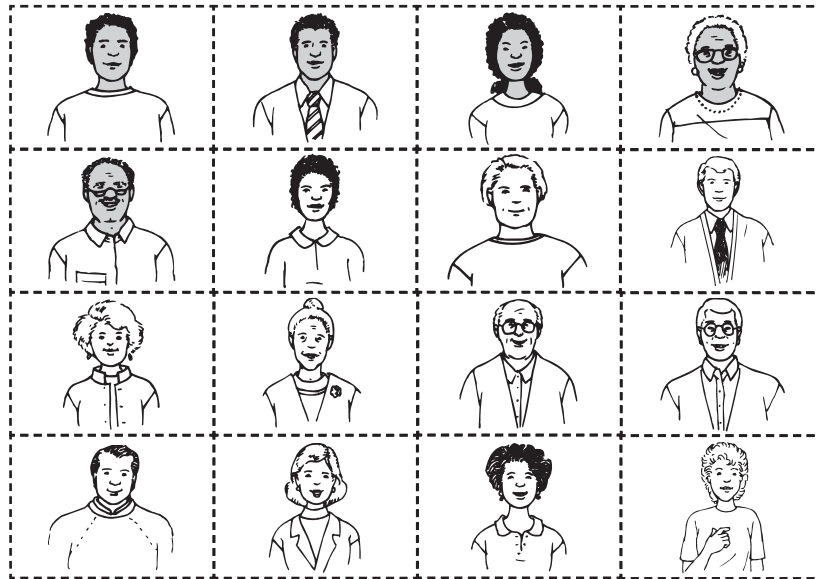


Take a walk.

Use this space for alternate choice.

Picture Index

People



Tracking Multiple Behaviors

Name _____ Date _____

Behavior		Behavior		Behavior		Behavior		Behavior	
Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	

Tracking Multiple Behaviors Example

Name Zachary H.

Date 4/12

Behavior		Behavior		Behavior		Behavior		Behavior	
<i>Loud Laughing</i>		<i>Hitting Others</i>							
Time 1 <i>10:45 AM</i>	Location <i>classroom computer</i>	Time 1 <i>8:45 AM</i>	Location <i>classroom</i>	Time 1	Location	Time 1	Location	Time 1	Location
Antecedent <i>?</i>		Antecedent <i>redirected/warned</i>		Antecedent		Antecedent		Antecedent	
Consequence <i>warning</i>		Consequence <i>time-out</i>		Consequence		Consequence		Consequence	
Time 2 <i>2:00 PM</i>	Location <i>classroom computer</i>	Time 2 <i>11:45 AM</i>	Location <i>cafeteria</i>	Time 2	Location	Time 2	Location	Time 2	Location
Antecedent <i>?</i>		Antecedent <i>warned/told "No"</i>		Antecedent		Antecedent		Antecedent	
Consequence <i>removed to seat</i>		Consequence <i>time-out</i>		Consequence		Consequence		Consequence	
Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	

Initial Behavior Analysis*

Name _____ Date _____

Setting _____ Activity _____

Name of Person Completing Form _____

What happened just before the behavior occurred? _____

Describe the behavior. _____

What was the consequence of the behavior? _____

Date/Time	Location	No. of Occurrences	Consequences

Comments: _____

* This form can be used for observing the same behavior several times in one day or for observation over several days.

Initial Behavior Analysis* Example

Name Zachary H. Date 4/14 – 4/16

Setting classroom Activity computer

Name of Person Completing Form _____

What happened just before the behavior occurred? playing a reading software program

Describe the behavior. constant, loud shrieking laughter

What was the consequence of the behavior? warned he'd have to leave the computer

Date/Time	Location	No. of Occurrences	Consequences
4/14	classroom computer		warned 2x, removed from computer
4/15	classroom computer		warned 1x, laughter stopped
4/16	classroom computer		warned 1x, removed from computer**

Comments: ** 4/16 – sent to seat, but loud laughter continued; told to put head down

* This form can be used for observing the same behavior several times in one day or for observation over several days.

Record of Progress

Name _____

Behavior _____

Social Skill Lesson _____

Date Social Skill Lesson Initiated _____

Intervention Chart

Baseline _____ (average # of occurrences in one day from *Initial Behavior Analysis*)

	Lesson Read?		How often does the behavior occur?										
	Yes	No											
Day 1													
Day 2													
Day 3													
Day 4													
Day 5													
Day 6													
Day 7													
Day 8													
Day 9													
Day 10													

Comments: _____

Record of Progress Example

Name Zachary H.

Behavior loud, shrieking laughter at computer time

Social Skill Lesson Inappropriate Laughing

Date Social Skill Lesson Initiated 4/16

Intervention Chart

Baseline 2x/day (average # of occurrences in one day from *Initial Behavior Analysis*)

	Lesson Read?		How often does the behavior occur?										
	Yes	No											
Day 1	X		0										
Day 2	X		0										
Day 3		X	✓	✓	✓								
Day 4	X		0										
Day 5	X		0										
Day 6	X		0										
Day 7		X	0										
Day 8													
Day 9													
Day 10													

Comments: _____

Tracking Form for Lessons – Individual

Controlling Behavior

Name _____

Expressing Feelings

Expressing Anxiety

Date _____

Expressing Frustration

Date _____

Expressing Anger

Date _____

Expressing Sadness

Date _____

Expressing Disappointment

Date _____

Special Problems

Seeking Attention with Inappropriate Actions

Date _____

Inappropriate Drawings

Date _____

Inappropriate Laughing

Date _____

Running Away

Date _____

Stealing

Date _____

Taking Shoes Off

Date _____

Keeping Clothes On

Date _____

Leaving the Bathroom Naked

Date _____

Hands in Pants

Date _____

Touching Others

Date _____

Touching Breasts

Date _____

Making Others Repeat

Date _____

Obsessive Collecting

Date _____

Making Noises

Date _____

Name _____

Special Problems, *continued*

Whining
Date _____

Putting Things in My Mouth
Date _____

Licking
Date _____

Aggressive Behaviors

Spitting
Date _____

Cursing
Date _____

Throwing
Date _____

Breaking Things
Date _____

Tearing
Date _____

Throwing Food
Date _____

Pinching
Date _____

Hitting
Date _____

Biting
Date _____

Scratching
Date _____

Kicking
Date _____

Head Butting
Date _____

Pushing
Date _____

Choking
Date _____

Pulling Hair
Date _____

Stomping on Feet
Date _____

Pulling Out Own Hair
Date _____

Biting Self
Date _____

Tracking Form for Lessons – Group				Controlling Behavior		
Names:						
Expressing Feelings						
Expressing Anxiety						
Expressing Frustration						
Expressing Anger						
Expressing Sadness						
Expressing Disappointment						
Special Problems						
Seeking Attention with Inappropriate Actions						
Inappropriate Drawings						
Inappropriate Laughing						
Running Away						
Stealing						
Taking Shoes Off						
Keeping Clothes On						
Leaving the Bathroom Naked						
Hands in Pants						
Touching Others						
Touching Breasts						
Making Others Repeat						
Obsessive Collecting						
Making Noises						
Whining						
Putting Things in My Mouth						
Licking						

Tracking Form for Lessons – Group, <i>continued</i>				Controlling Behavior		
Names:						
Aggressive Behaviors						
Spitting						
Cursing						
Throwing						
Breaking Things						
Tearing						
Throwing Food						
Pinching						
Hitting						
Biting						
Scratching						
Kicking						
Head Butting						
Pushing						
Choking						
Pulling Hair						
Stomping on Feet						
Pulling Out Own Hair						
Biting Self						

Overview of Lessons

Communication

Social Interactions

- Greeting Others
- Saying “Hi” to Siblings’ Friends
- Smiling
- How to Shake Hands
- When to Shake Hands
- Joining a Conversation
- Listening to Others During a Conversation
- Ending a Conversation
- Talking to Children
- Staying on Topic
- Asking a Friend to Play
- Taking Turns in a Game
- Receiving a Compliment
- When to Hug
- How to Give a Hug
- Saying “I Love You”
- Using the Phone: Saying “Hello” and “Goodbye”
- Using the Phone: Taking a Message

Feelings

- Feeling Happy
- Feeling Sad
- Feeling Angry
- Feeling Excited
- Feeling Disappointed
- Feeling Tired
- Feeling Upset
- Feeling Afraid

Social Problems

- Inappropriate Greetings
- Obsessing on a Topic
- Responding to Unkind Words
- Unfair Situations
- Saying “No” to a Friend
- Saying “I’m Sorry”
- Others Are Upset with Me
- Repeating a Question
- Don’t Touch Me
- Seeking Attention with Inappropriate Words
- When Others Fight
- Hearing “No”
- Laughing When Someone Falls
- Self-Talk

Controlling Behavior

Expressing Feelings

- Expressing Anxiety
- Expressing Frustration
- Expressing Anger
- Expressing Sadness
- Expressing Disappointment

Special Problems

- Seeking Attention with Inappropriate Actions
- Inappropriate Drawings
- Inappropriate Laughing
- Running Away
- Stealing
- Taking Shoes Off
- Keeping Clothes On
- Leaving the Bathroom Naked
- Hands in Pants
- Touching Others
- Touching Breasts
- Making Others Repeat
- Obsessive Collecting
- Making Noises
- Whining
- Putting Things in My Mouth
- Licking

Aggressive Behaviors

- Spitting
- Cursing
- Throwing
- Breaking Things
- Tearing
- Throwing Food
- Pinching
- Hitting
- Biting
- Scratching
- Kicking
- Head Butting
- Pushing
- Choking
- Pulling Hair
- Stomping on Feet
- Pulling Out Own Hair
- Biting Self

Healthy Habits

Being Healthy

- The Food Pyramid
- Exercise
- Cramming Food in My Mouth
- Eating Only One Food
- Eating off the Floor
- Overeating
- Drinking from My Own Glass
- Taking Medicine
- Other People’s Medicine
- Scabs
- Blowing with No Tissue
- Chewing on Dirty Tissues
- Inhalants
- Marijuana
- Alcoholic Beverages
- Smoking

Health Care

- Wearing Glasses
- A Cavity
- Getting Braces
- My Retainer
- Immunizations
- The Hospital

Grooming

- Brushing Teeth
- Washing Hair
- Washing Hands
- Using Deodorant
- Wearing Socks

Puberty

- Developing Breasts
- Wearing Bras
- Menstruation
- Sanitary Products
- My Changing Body (Boys)
- Hair on Legs and Underarms (Girls)
- Acne
- What Can I Do About Acne?

Manners

- Picking My Nose
- Biting My Nails
- Passing Gas
- Touching Myself
- Adjusting Underwear

Middle School

Transitions

- Leaving Elementary School
- Leaving for School on Time
- New Bus Driver
- New Bus Route
- New Seating Arrangement
- Schedule Changes
- Leaving and Coming Back to the Classroom
- Bathroom
- Hallway Crowds
- Lockers
- Dress Code
- Emergency Drill
- Substitute Teacher
- Speech Therapy
- Counseling
- Social Skills Buddy

Classroom

- Inclusion
- School Rules
- Class Schedule
- Raising My Hand
- Let the Teacher Talk
- Homework
- I Forgot My Homework
- Taking Notes
- Taking a Test
- Cheating
- Others Are Working
- Inappropriate Talking
- Joining a Work Group
- Teacher's Signal
- I Feel Sick at School

Cafeteria

- I Eat My Own Food
- Lunch
- Vending Machines
- Lunch Choices
- Joining Others at Lunch
- Joining Others at Lunch – Rejection

Gym

- Gym Class
- Changing Clothes in Gym
- Adaptive P.E.

Special Events & Activities

Changes in the Family

- New House
- Getting Ready for a New Baby
- Living with a New Baby
- New Mom
- New Dad
- Grandparent Comes to Stay
- Older Sibling Leaves Home
- Death in the Family
- Parents Divorce
- Shared Custody
- Step-Family
- Boyfriend Moves In
- Girlfriend Moves In
- In-Home Trainer
- Showing Respect to Adults
- Waking Up at Night

Special Events

- Going to a Wedding
- Visiting a Nursing Home
- Daylight Savings Time
- Storms
- Electricity Goes Out
- New Pet
- Pet to Vet
- Pet Dies

Community Events

- Volunteering to Help
- Private Lessons
- Team Sports
- Day Camp
- Going to a Movie
- Camping Out: The Tent
- Camping Out: The Campfire
- Camping Out: Safety Rules
- Table Manners
- Going Out to Eat: Sit-Down Restaurant
- Going Out to Eat: Fast-Food Restaurant
- Going Out to Eat: Cafeteria
- Going Out to Eat: Buffet
- Out of Town Trip: Journey by Car
- Out of Town Trip: The Hotel
- Out of Town Trip: A Different House

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