

# Volunteering to Help

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Sometimes people need help.



Someone may say "I need help."



Or I might see someone who needs help.



It is okay for me to help.



I can say "I will help you."



The person will tell me how to help.

# Private Lessons

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I take \_\_\_\_\_ lessons.  
(type of lesson)



I will have lessons on \_\_\_\_\_ at \_\_\_\_\_.  
(day) (time)



\_\_\_\_\_ is my teacher.  
(teacher's name)



\_\_\_\_\_ will show me how to \_\_\_\_\_.  
(teacher's name) (skill)



It is important to watch and listen to \_\_\_\_\_.  
(teacher's name)



I need to practice my \_\_\_\_\_ at home.  
(skill)

# Team Sports

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I am on a \_\_\_\_\_ team.  
(name of sport)



Other children are on the team too.



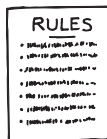
Our coach, \_\_\_\_\_, will tell us what to do.  
(coach's name)



I will listen to Coach \_\_\_\_\_.  
(coach's name)



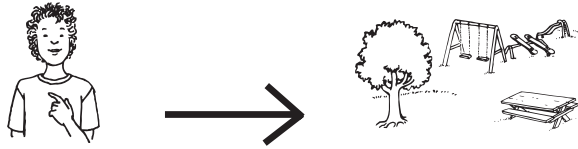
I will watch the other children.



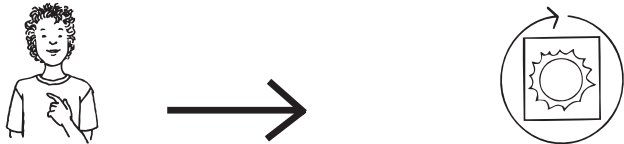
I will try to follow the rules of the game.

# Day Camp

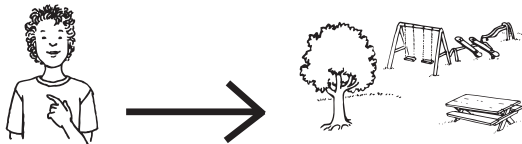
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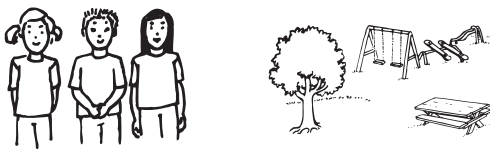
I am going to day camp.



I will go for \_\_\_\_\_ days.  
(number)



I will go to camp at \_\_\_\_\_.  
(time\*)



Many children will be there.



We will play games and have fun.



I will come home at \_\_\_\_\_.  
(time\*)

\*Draw in clock hands to show the appropriate time.

# Going to a Movie

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I am going to a movie with \_\_\_\_\_.  
(person)



Many people will be at the movie.



I need to be quiet during the movie.



People may laugh during the movie.



I can laugh too.



I will try not to laugh when others are not laughing.

# Camping Out: The Tent

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We are going camping.



I will sleep in a tent.



\_\_\_\_\_ will be in the tent with me.  
(person)



We will sleep in sleeping bags on the ground.



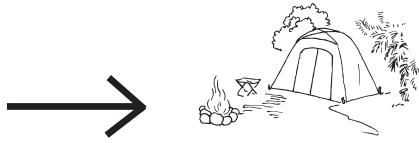
I might hear noises at night.



It is okay. I am safe inside the tent.

# Camping Out: The Campfire

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We are going camping.



We will build a fire.



We might cook our food on the fire.



I must not get too close to the fire.



This is important.



The fire is hot and might hurt me.

# Camping Out: Safety Rules

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We are going camping.



I will not leave the campsite by myself.



I will not get too close to the water.



I will not get too close to the fire.



I will not eat any berries that I find.



I need to follow rules to be safe.



# Table Manners



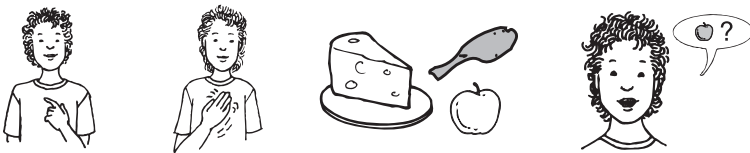
People like it when I use good table manners.



I will try to use a napkin to wipe my mouth.



I will only eat the food on my plate.



If I want more food, I can ask for it.



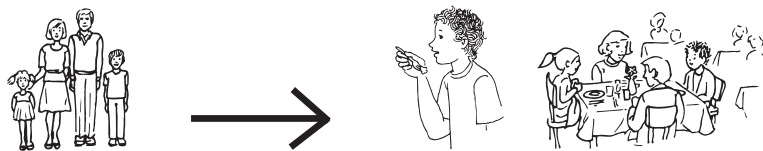
I will try to chew with my mouth closed.



I will try to use good table manners.

# Going Out to Eat: Sit-Down Restaurant

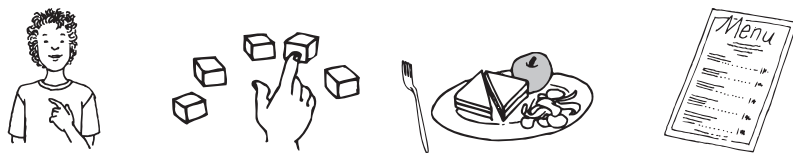
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We are going to eat at a restaurant.



We might have to wait before we sit down.



I can choose what I will eat from the menu.



The server will take our order.



We wait for our food. I will try to be quiet.



When our food comes, we can sit and eat it.

# Going Out to Eat: Fast Food Restaurant

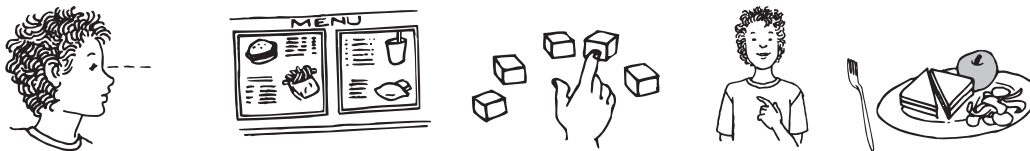
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We are going to eat at \_\_\_\_\_.  
(name of restaurant)



We will wait in a line.



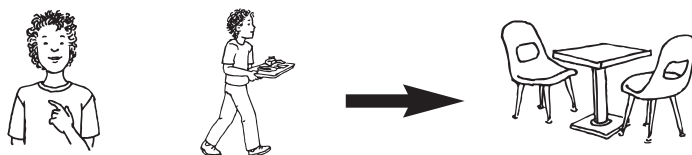
I will look at the signs to choose what I will eat.



When it is my turn, I will tell the worker what I want.



I will wait while the worker puts the food on a tray.



Then I will take the tray to a table to eat.

# Going Out to Eat: Cafeteria

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We are going to eat at a cafeteria.



We will stand in a line.



When it is my turn, I will get a tray and silverware.



I can tell the workers which foods I want.



\_\_\_\_\_ will help me choose.

(person)



Then I will take the tray to the table to eat.

# Going Out to Eat: Buffet

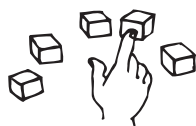
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We are going to eat at \_\_\_\_\_.  
(name of restaurant)



Lots of food will be on a table called a buffet.



I can choose which foods I want and put them on a plate.



I will try not to get too much food on my plate.



I will sit at a table to eat.



If I want more food, I can go to the buffet again.

# Out of Town Trip: Journey by Car

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We are going to take a trip in the car.



We will be in the car for \_\_\_\_\_ hours.  
(number)



It is okay. We will stop sometimes.



I can \_\_\_\_\_ in the car.  
(appropriate activity\*)



I can sleep in the car.

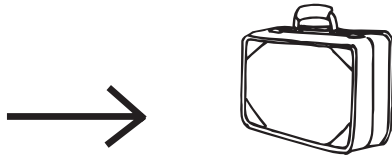


I will try to ride quietly in the car.

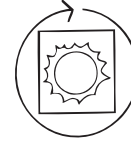
\*Write in an appropriate car activity (e.g., read, listen to music).

# Out of Town Trip: The Hotel

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We are going on a trip.



We will be away from home for \_\_\_\_\_ days.  
(number)



We will sleep in a hotel/motel.



We will have our own room.



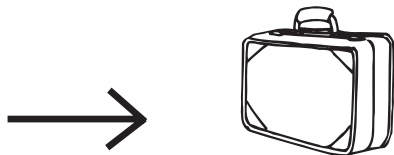
It is okay. I can sleep in the room.



I am safe in the room with \_\_\_\_\_.  
(person)

# Out of Town Trip: A Different House

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We are going on a trip.



We will stay at \_\_\_\_\_ 's house.

(person)



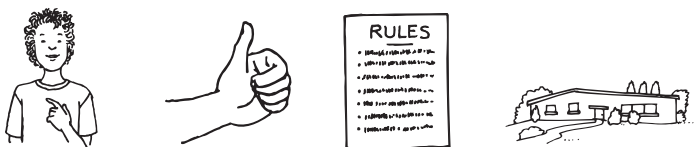
\_\_\_\_\_ will tell me where to sleep.

(person)

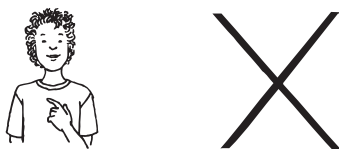


We will eat with \_\_\_\_\_.

(person)



I will try to follow rules at the house.



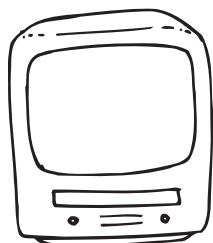
I will try not to \_\_\_\_\_.

(inappropriate behavior)



# Waking Up at Night Choice Sheet

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Watch TV.



Listen to music.



Draw or write.



Read.



Use the computer.

Use this space for alternate choice.

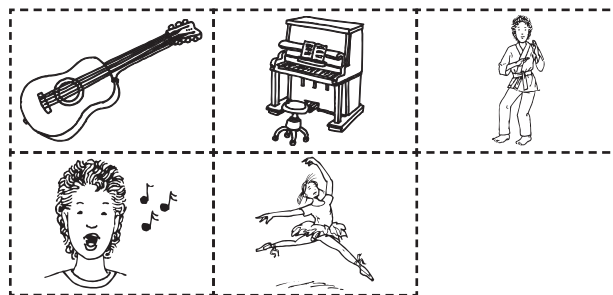
# Picture Index

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## People



## Things



# 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 - 4/13

Behavior		Behavior		Behavior		Behavior		Behavior	
<i>Waking Parents at Night</i>		<i>Eating from Others' Plates</i>							
Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location
4/12	house	4/12 breakfast	house						
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
?		<i>saw Dad's food</i>							
Consequence		Consequence		Consequence		Consequence		Consequence	
<i>sent back to bed</i>		<i>warned/told "No"</i>							
Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location
4/13	house	4/12 lunch	house						
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
?		<i>sister sat near him at table</i>							
Consequence		Consequence		Consequence		Consequence		Consequence	
<i>told to watch TV</i>		<i>sent from table</i>							
Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location
4/13	house								
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
?									
Consequence		Consequence		Consequence		Consequence		Consequence	
<i>sent to room</i>									
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**

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 4/12

Setting house Activity mealtime

Name of Person Completing Form \_\_\_\_\_

What happened just before the behavior occurred? others sat at table by him

Describe the behavior. grabs food off others plates and stuffs it in his mouth

What was the consequence of the behavior? He is usually sent from the table.

Date/Time	Location	No. of Occurrences	Consequences
4/12	house		warned 3x, removed from table
4/12	house		warned 1x, had a tantrum when sent from the table

Comments: 4/12 – behavior accompanied by darting, grabbing, and leaving seat

\* 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

Behavior grabbing food off others' plates

Social Skill Lesson Table Manners

Date Social Skill Lesson Initiated 4/13

## Intervention Chart

Baseline 7x/day (average # of occurrences in one day from *Initial Behavior Analysis*)

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

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Name \_\_\_\_\_

**Changes in the Family**

New House

Date \_\_\_\_\_

Getting Ready for a New Baby

Date \_\_\_\_\_

Living with a New Baby

Date \_\_\_\_\_

New Mom

Date \_\_\_\_\_

New Dad

Date \_\_\_\_\_

Grandparent Comes to Stay

Date \_\_\_\_\_

Older Sibling Leaves Home

Date \_\_\_\_\_

Death in the Family

Date \_\_\_\_\_

Shared Custody

Date \_\_\_\_\_

Step-Family

Date \_\_\_\_\_

Boyfriend Moves In

Date \_\_\_\_\_

Girlfriend Moves In

Date \_\_\_\_\_

In-Home Trainer

Date \_\_\_\_\_

Showing Respect to Adults

Date \_\_\_\_\_

Waking Up at Night

Date \_\_\_\_\_

**Special Events**

Going to a Wedding

Date \_\_\_\_\_

Visiting a Nursing Home

Date \_\_\_\_\_

Daylight Savings Time

Date \_\_\_\_\_

Storms

Date \_\_\_\_\_

Name \_\_\_\_\_

**Special Events**, *continued*

Electricity Goes Out  
Date \_\_\_\_\_

New Pet  
Date \_\_\_\_\_

Pet to Vet  
Date \_\_\_\_\_

Pet Dies  
Date \_\_\_\_\_

**Community Events**

Volunteering to Help  
Date \_\_\_\_\_

Private Lessons  
Date \_\_\_\_\_

Team Sports  
Date \_\_\_\_\_

Day Camp  
Date \_\_\_\_\_

Going to a Movie  
Date \_\_\_\_\_

Camping Out: The Tent  
Date \_\_\_\_\_

Camping Out: The Campfire  
Date \_\_\_\_\_

Camping Out: Safety Rules  
Date \_\_\_\_\_

Table Manners  
Date \_\_\_\_\_

Going Out to Eat: Sit-Down Restaurant  
Date \_\_\_\_\_

Going Out to Eat: Fast-Food Restaurant  
Date \_\_\_\_\_

Going Out to Eat: Cafeteria  
Date \_\_\_\_\_

Going Out to Eat: Buffet  
Date \_\_\_\_\_

Out of Town Trip: Journey by Car  
Date \_\_\_\_\_

Out of Town Trip: The Hotel  
Date \_\_\_\_\_

Out of Town Trip: A Different House  
Date \_\_\_\_\_

Tracking Form for Lessons – Group				Special Events & Activities			
<b>Names:</b>							
<b>Changes in the Family</b>							
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							
<b>Special Events</b>							
Going to a Wedding							
Visiting a Nursing Home							
Daylight Savings Time							
Storms							
Electricity Goes Out							
New Pet							
Pet to Vet							
Pet Dies							

Tracking Form for Lessons – Group, <i>continued</i>				Special Events & Activities			
<b>Names:</b>							
<b>Community Events</b>							
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							

# Overview of Lessons

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## 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

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## 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
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- 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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