



BEHAVIOR CHART

STRIKES= whining, name calling, back talking, sassing, mean words, hitting, or any other inappropriate behavior

3 strikes in one day = No screen time the rest of the day: no tv, cell phone, ipod, computer, etc. If after 7 pm, no screen time the next day either.

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Ideas for when you feel mad:

- Do three laps around the back yard
- yell into & punch my pillow
- take a break to calm down in my room
- deep breathing
- think of things I'm grateful for and write in journal
- read a book
- talk to Mom or Dad about my feelings

