

# Incentive Plans and Routines

Customizable for your families needs!  
Set your child up with a morning  
routine they can follow on their own,  
point charts for positive behaviors, and  
more!



MORNING ROUTINE

000000 00



# NAME

EARN ALL THE COINS TO WIN!

-  GET OUT OF BED
-  PICK OUT CLOTHES
-  GET DRESSED
-  BRUSH TEETH
-  COMB HAIR
-  PUT ON SHOES

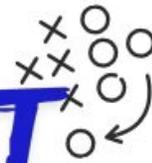


**BONUS! PACK YOUR:**  
PHONE CHARGERS  
HOMEWORK  
SNACK





# ██████'S POINT CHART



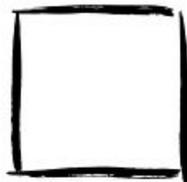
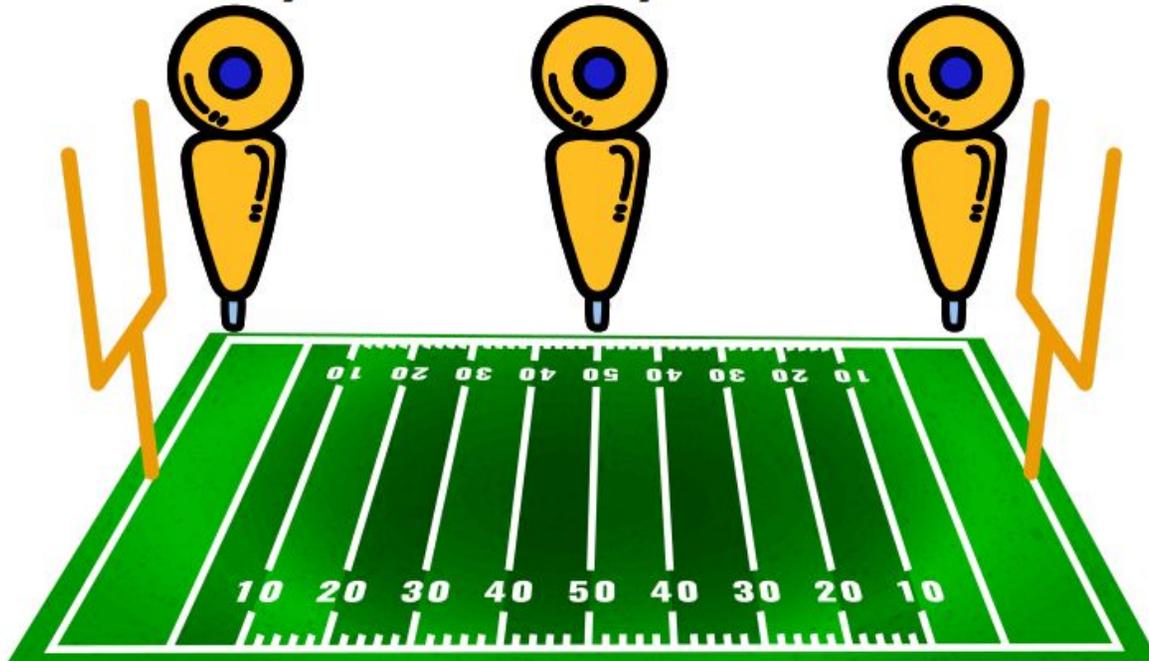
██████ needs to complete 2 activities SAFELY to earn a ball break. Move his player from the bottom boxes up to the yard marker when an activity is completed with safe behaviors.



Activity 1

Activity 2

Ball Break



# Name's Morning Story

There once was a princess named Elena. Every morning she would...



Get Out of Bed



Pick Out her Clothes



Get Dressed



Brush her Teeth



Comb her Hair



Put on her Shoes

and after she would head to school for her next adventure!



# ██████████'S REST ROUTINE

## When in the car:

- No screens
- Keep windows up and car warm
- Minimal sounds- keep music calm and low.
- Use quiet, calm voices

## When getting to the house:

- Move slowly- take deep breaths to help ██████████ move slower as well.
- Keep lights dim
- Start flute music

## Routine:

### 01 Potty

- Use warm water when washing hands and **move very slowly** throughout.



### 02 Change Clothes

- Try a lavender lotion or other calming smell



### 03 Tuck in Animal

- Tell ██████████ that it's time for her animal to lay down, and its her job to help them.
- Have her tuck her animal in and then lay quietly next to it



### 04 Tuck in ██████████

- Tell ██████████ that its her job to show her animal how to lay quietly
- Remind ██████████ that she doesnt have to sleep, just stay quietly in bed while her animal is napping.
- Start sleep meditation playlist and begin listening, encourage her to close her eyes and ask questions that go along with meditation.
- Pat back for a few minutes
- If getting up and moving, tell ██████████ first its rest, then after we can \_\_\_\_\_.



Flutes Playlist



Sleep Meditation Playlist

# ██████████'S REST ROUTINE

## Potty



## Change Clothes



## Tuck in Animal



## Tuck in ██████████



## Rest



## Get Up and Play!





# Name's Little Morning Routine

Place the sea animals in the bubbles!

-  Get Out of Bed
-  Pick Out Clothes
-  Get Dressed
-  Brush Teeth
-  Comb Hair
-  Put on Shoes





# NAME'S MORNING



--	--	--	--	--	--	--	--	--



**Shower**



**Brush Teeth**



**Get Dressed**



**Hair**



**Shoes**



**Play or TV**



**Bathroom**



**Backpack**



**Car**

--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--



# \_\_\_\_\_ 's Bedtime Routine



Dinner



Games



Teeth



Potty



Shower



Read



January 2024



Week of:

(Bus driver/monitor circles thumbs up or down)



	Stayed in his seat?	Safe Hands/Body?
Monday	 	 
Tuesday	 	 
Wednesday	 	 
Thursday	 	 
Friday	 	 

**Daily Incentive at Community Center:**

1 thumbs up = choice of basketball, playdough, or special snack  
2 thumbs up = Uno, TicTacToe, or connect 4 w/ adult, prize box,  
or can pick a friend to do an activity with him.

*Fake*  
NAME

# *Morning Routine*

5:00-5:20: Wake up (20 M)

5:20-5:35: Pick Out Outfit (15 M)

5:35-6:00: Shower (25 M)

6:00-6:05: Wash Hands (5 M)

6:05-6:10: Skin Care and Moisturizer (5 M)

6:10-6:55: Makeup (45 M)

6:55-7:15: Hair (20 M)

7:15-7:20: Pack Bag (5 M)

7:20: Leave the House



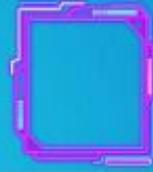
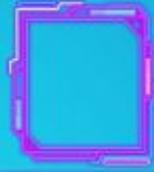
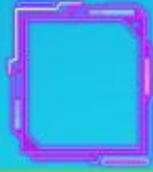
# Chef \_\_\_\_\_'s Recipe for Success

Day	<u>Responsible</u> Participated, Cleaned, Owned Actions	<u>Safe</u> Safe Body, In Area	<u>Respectful</u> Kind to Staff and Students, Followed Directions	Point Total for Day
/ /				
/ /				
/ /				
/ /				
/ /				
Week's Points:				
Points needed for prize:				





# NAME'S MORNING



**Get Dressed**

**Brush Teeth**

**Help Mom**

**Hair**

**Shoes**

**Play or TV**

**Bathroom**

**Car**



# \_\_\_\_\_'s Chart



School Day Scores						Averages	Rewards
Days 1-5	___/___/___ Score: ___%	___/___ ___%	Prize: y / N				
Days 6-10	___/___/___ Score: ___%	___/___ ___%	Prize: y / N				
<b>10 Day Score Average:</b>						___/___ ___%	Activity: y / N



♥ Goal: By the end of 10 days, \_\_\_\_\_ will earn an average of 80% on her daily check-ins at school.

When \_\_\_\_\_ is above 80% for 5 days, she can earn a prize box item.

When \_\_\_\_\_ has above 90% average for 10 days, she can also earn an activity or "big" prize of her choice.

Next activity/prize is: \_\_\_\_\_



January 2024

# \_\_\_\_\_ 's Room

## Clean Home Checklist

### Speed Round: 10 minutes or less...

- Bring dirty dishes to kitchen
- Put garbage in trash bag (wrappers, bottles, etc.)
- Make bed

### Medium: 10-30 minutes...

- Sort clothes into clean and dirty pile
- Put art supplies all together
- Put easy things with a home away (easy)
- Put things without a home in the "?" bin
- Give mom anything that is hers back

### Challenge: 30 minutes or more...

- Put things that have a home away (harder)
- Go through "?" bin and find a home for everything!
- Vacuum floor
- Wipe down surfaces
- Change sheets on bed
- Put clean clothes on hangers and in drawers
- Organize art supplies
- Organize desk
- Organize drawers

### **Tips:**

- Don't put it down, put it away!
- If you don't know where to put it right now, put it in the "?" bin.
- When you have time, find a home your things can live in.
- Put important things where you can see them and easily get to them.
- Set a timer, try to get everything done before the timer goes off!
- When cleaning for 10+ minutes, work to some music!



# \_\_\_\_\_ 's Nighttime Routine

Dinner



Family Time



Pick Clothes For Tomorrow



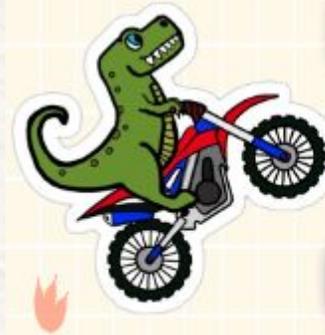
Brush Teeth



Bathroom



Pjs



Relaxing Time- In Room

- Reading
- Matching
- Go Fish
- Old Maid
- Draw
- Color
- Trace



Cleanup



Bed Time





# \_\_\_\_\_’s Routine



Dinner



Family Time



Clothes for Tomorrow



Teeth



Bathroom



Change for Bed



Relaxing Time- In Room

- Read
- Color/Draw/Trace
- Matching/Go Fish/Old Maid



Clean Area



Bed



# \_\_\_\_\_ 's Chart

By the end of 5 days, \_\_\_\_\_ will participate in 80% of rec activities with 100% safe behaviors.

Participation and Safe Behaviors					Scores	Percent	Prize
<b>Days</b>	_____ Activity: _____ Participate: _ / 1 Safe: _ / 1	_____ Activity: _____ Participate: _ / 1 Safe: _ / 1	_____ Activity: _____ Participate: _ / 1 Safe: _ / 1	_____ Activity: _____ Participate: _ / 1 Safe: _ / 1	Participate: _ / _  Safe: _ / _	Participate: _____% Needs 80%  Safe: _____% Needs 80%	Prize: Y / N
<b>Gym Time</b>	Yes / No	Yes / No	Yes / No	Yes / No			

### Daily Reward:

If \_\_\_\_\_ is safe and participates in the activity, he can go to the gym after his activity.

- \_\_\_\_\_ can earn 1 point if he participates in most of the activity.
- \_\_\_\_\_ can earn 1 point if he has safe behaviors towards people and property for the entire time in program.

Next Activity / Prize is: \_\_\_\_\_



# \_\_\_\_\_ 's Points



Day	<u>Responsible</u> Participated, Cleaned, Owned Actions	<u>Safe</u> Safe Body, In Area	<u>Respectful</u> Kind to Staff and Students, Followed Directions	Point Total for Day
/ / /				
/ / /				
/ / /				
/ / /				
/ / /				
Final Score:				
Score needed for prize:				



30

40

50

40

30

# 's Goals



Details about Days in Attendance						Score	Incentive
<b>Days 1-5</b>	___/___/___ Activity: _____ Participate: _/1 Behavior: _/1	___/10					
<b>Days 6-10</b>	___/___/___ Activity: _____ Participate: _/1 Behavior: _/1	___/10	Average: _____%  R: Y / N				

By the end of 10 days, \_\_\_\_\_ will participate in 90% of rec activities with a "positive" attitude.

1 point for completed activity (participation)

1 point for \_\_\_\_\_ behavior

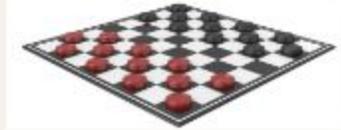
Next Activity is: \_\_\_\_\_



January 2024



# \_\_\_\_\_ 's Chart



Details about Days in Attendance						Score	Prizes
<b>Days 1-5</b>	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/5	Prize: Y/N
	Participation: _/1						
<b>Days 6-10</b>	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/___/___ Activity:_____	___/5	Average: _____%  R: Y/N
	Participation: _/1						

By the end of 5 days, \_\_\_\_\_ will participate in 80% of \_\_\_\_\_.



# \_\_\_\_\_ 's Reward Chart



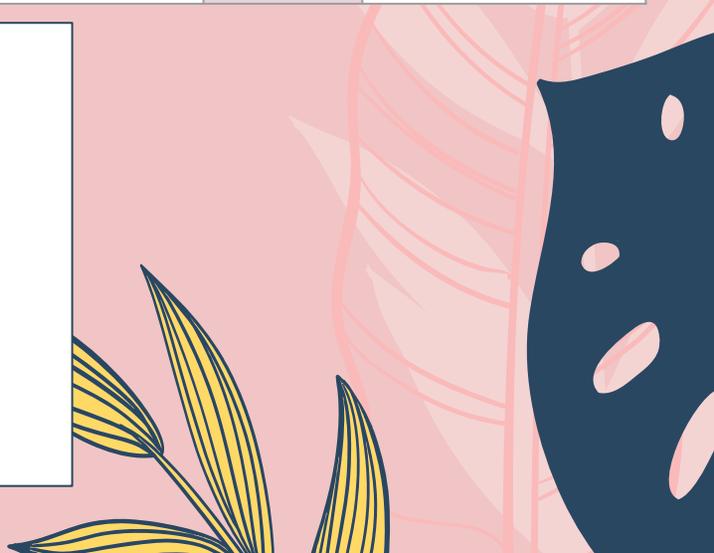
<b>Dates:</b> ----- -----	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Total Points</b>	<b>Reward?</b>
<b>Week 1</b>	Date: ----- --/-- --%	--/-- --%	<b>Prize Box? Y/N</b>				
<b>Week 2</b>	Date: ----- --/-- --%	--/-- --%	<b>Prize Box? Y/N</b>  <b>Or</b> <b>Activity? Y/N</b>				

**Rewards:**  
If all days are...

Above \_\_% for 1 Week:  
Prize Box

Above \_\_% for 2 Weeks:  
Activity: -----

Above \_\_% for 2 Weeks:  
Activity: -----



# \_\_\_\_\_ 's Reward Chart

Dates: _____ _____	Monday	Tuesday	Wednesday	Thursday	Friday	Total Points	Reward?
Week 1	Date: _____ _/_ __%	_/_ __%	Prize Box? Y/N				
Week 2	Date: _____ _/_ __%	_/_ __%	Prize Box? Y/N  Or Activity? Y/N				

**Rewards:**  
If all days are...

Above \_\_% for 1 Week:  
Prize Box

Above \_\_% for 2 Weeks:  
Activity: \_\_\_\_\_

Above \_\_% for 2 Weeks:  
Activity: \_\_\_\_\_