

HOUSE POINTS

--Screen Time = 20 Points per Hour--

To Add Points:

1. Each completed chore = +2
2. Extra chores = +3
3. Clean up toys without reminders = +4
4. Ready for school on time on your own = +2
5. No whining for the day = +2
6. No negative self-talk all day. For example: Instead of saying "I'm stupid", say, "I don't feel my best in this moment". = +4
7. _____ = +
8. _____ = +
9. _____ = +
10. _____ = +

To Lose Points:

1. Interrupting each other = -2
2. Potty mouth at the table = -1
3. Talking with your mouth full = -1
4. Saying mean things to each other = -2
5. Hitting, pulling on clothes, pinching, etc. = -2
6. Lying = -4
7. Grabbing from each other (toys, books, etc.) = -2
8. Negative self-talk ("I'm stupid", "I'm bad at everything" etc.) = -4
9. _____ = -
10. _____ = -