I am working for:
When you need help, you can raise your hand or come tap a teacher on the shoulder. You can say, "Excuse me. I need help, please." Then wait for the teacher to respond.

**Steps for asking for help.**

1. Raise hand quietly.
2. If you have waited for a while, say, "Excuse me."
3. Wait until an adult calls on you.
4. Explain what you need help on.

**Asking for help.**

**YES**
- Raise hand.
- Say, "excuse me."
- Tap a teacher on the shoulder.
- Wait quietly.

**NO**
- Yelling.
- Shouting out.
- Copying from someone else.
- Crying and whining.

www.theautismhelper.com
When you should ask for a break...

- It's getting too loud.
- I feel overwhelmed.
- I am starting to feel angry.
- I am having a hard time paying attention.
- My body can't stop moving.

Steps for asking for a break.

1. Raise hand quietly.
2. If you have waited for a while, say, "Excuse me."
3. Wait until an adult calls on you.
4. Say, "I need a break."

Things to do in a break:

- head down on desk
- take deep breaths
- drink of water
- day dream
- use a fidget toy
- bounce on ball
Good Choices

- Hands to yourself
- Work together
- Use your best voice
- Listen
- Try hard
- Follow schedule

Bad Choices

- Hit
- Fight
- Bite
- Swear
- Yell loudly
- Whine

Expectations

Listen to mom and dad. If you don’t understand something, ask a question. Follow directions right away.

Try hard on your work. Work quietly. Ask for help if you need it. If something is hard, do your best. Check your work. Always write your name on your paper.

Be a good friend. Say hi to your friends when they walk in the room. Ask and answer questions. Offer help. Use your best voice.
# Weekly Checklist

<table>
<thead>
<tr>
<th>EXPECTATIONS:</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## REINFORCEMENT:

[www.theautismhelper.com](http://www.theautismhelper.com)
**Work Chart**

Complete your homework every day. Try hard and ask for help if you need it.

<table>
<thead>
<tr>
<th>Date</th>
<th>Is the work complete?</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>✓</td>
<td>✗</td>
</tr>
</tbody>
</table>

www.theautismhelper.com
Behavior Contract

Student Name: ________________________________

Effective from date: ______________ until: ______________

Student will earn a point when:

• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________

When student earns _________ points, the points can be exchanged for:

• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________

Bonus: _______________________________________________________________________

Penalty: _______________________________________________________________________

Student, teacher, and parent all helped create this contract and agree to it.

student signature: ______________________________________________
teacher signature: ______________________________________________
parent signature: ______________________________________________
Behavior Contract

I can ____________________________________.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I can ____________________________________.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I can ____________________________________.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

____ points = ______

signatures:
<table>
<thead>
<tr>
<th>Activity</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>great behavior</td>
</tr>
<tr>
<td></td>
<td>needed reminders</td>
</tr>
<tr>
<td></td>
<td>had some trouble</td>
</tr>
</tbody>
</table>

Daily totals:

Working for:
iPad Rules

Sit down when playing the iPad.

Use headphones.

Hold the iPad with two hands.

No food or drinks by the iPad.
Computer Rules

Press the power button one time to turn on the computer.

Use headphones.

Only open the windows you need. Do not open lots of windows.

No food or drinks by the computer.
Wait for a Turn on the iPad

1. Sit in the chair and wait.

2. Be quiet.

3. Do not touch the iPad while your friend is playing.

4. When it is your turn, take the iPad carefully.
Communication Visuals: Laminate and keep near technology equipment. Teach students to use visuals to request help with iPads or iPods.

- I want headphones
- I need help with iPad
- I need help with iPod
- I want mouse
Wait for a Turn on the iPad

1. Sit in the chair and wait.

2. Be quiet.

3. Do not touch the iPad while your friend is playing.

4. When it is your turn, take the iPad carefully.