

## Appendix I

### Make the behavioral focus positive:

Not:	Instead:
Don't hit your brother	Be gentle with your brother
Don't yell	Keep good voice level
Don't leave without permission	Get permission before leaving

### Avoid vague labels for behaviors:

Not:	Instead:
No back-talking	Ask only one follow-up question to a parent request; follow directions; use nice words
No attitude	No name-calling; good voice level; follow directions

### Positive vs. specific

If the positive is too vague and negatives are needed to make it specific enough for the child to fully understand, then you can try to keep the positive as the expectations, but the negatives as the expanded explanation. For example: "Be gentle" – so don't hit, don't kick, don't spit, and don't be rough.

### When you can, define what is good enough

Not:	Instead:
Practice basketball	Practice basketball for at least 20 minutes
Clean your room	Clean your room to a '7' (0-10 point scale) as judged by mom (5 is not failure but needing some more work to get the token)

### Must be under the child's control

Not:	Instead:
Get along with your brother	Only use nice words with your brother; come to dad if your brother hits
Get an A on a spelling quiz	Having completed all the homework and practiced the spelling words for at least 30 minutes
Not feeling angry	Do 4-7-8 breathing whenever starting to get angry
Stay focused and not get distracted	Get back on task within 3 seconds when becoming distracted

## Appendix II

### Sample Token Program I – Behavioral Problems

<u>Tokens:</u>	<u>Behavior:</u>
1(morning)	Follow directions in the morning until school or lunch
1(afternoon)	Follow directions in the afternoon until dinner
1(evening)	Follow direction in the evening from dinner to asleep at night
1(morning)	Use nice words in the morning until school or lunch
1(afternoon)	Use nice words in the afternoon until dinner (from lunch or school)
1(evening)	Use nice words in the evening from dinner to asleep at night
3(all day)	Gentle with others
1(all day)	Only ask for something twice or less (and ask the same parent the second time)
1 per 30min.	Practice the piano (rewarded when done, but not a behavioral expectation)
1 per	Chore

Total possible per day: 12 (if 1 chore, and practiced the piano) => starts with 10 tokens

<u>Tokens:</u>	<u>Priveleges:</u>
1 per 15 min.*	Electronic games
1 per 30 min.*	Watch TV/movie (cost may be split with sibling if agreed on the show/movie)
4	Rent a movie
1	Stay up 30 minutes later (once)
8 per	Can of soda
1-4 (by size)	Treat
1 per 25c	Buy something (parent's discretion)
1 per 25c	Upgrading a meal at a restaurant (parent's discretion)

\*Time per token doubled during summer break

### Sample Token Program II – Attention Problems

<u>Tokens:</u>	<u>Behavior:</u>
1(morning)	Repeated back all directions in the morning
1(afternoon)	Repeated back all directions in the afternoon
1(evening)	Repeated back all directions in the evening
1	Got back on track within 2 minutes each time got distracted in math*
1	Got back on track within 2 minutes each time got distracted in social studies*
1	Got back on track within 2 minutes each time got distracted in English*
1	In the day's homework, read the topic sentence of the paragraphs twice
1	At bed-time, the day-planner is up-to-date
1	Used to-do-lists consistently throughout the day
1	Completed the nightly CBT Chain therapy homework
1 per hour	Practice an attention technique during a 60 minute period of other activity (e.g., while talking, while watching TV, playing a sport, etc.), up to three times.

\*This token is awarded by default if the child did not get distracted at all.

Total possible per day: Realistically 8-10 tokens per day at perfect work => start with 10 tokens.

<u>Tokens:</u>	<u>Privileges:</u>
1 per 15 min.	Electronic games
2 per 15 min.	Online videogames
2 per 15 min.	Video-games on mom's videogame system (big TV and stereo system)
4	Go to the skate-park
1	Soda
8	A different meal for dinner
1-4 (by size)	Treat
1 per 25c	Upgrading clothing being bought from sensible to "cool"

### Appendix III

#### Sample of thoroughly spelled out explanation for school

**Behavioral Tracking Program for School:** After each lesson, make a mark in the appropriate box if he did well on the indicated behavior (if unable to get to it, write it in as soon as able). For example, if in Title 1 and the morning he did well staying in his chair, and he had a good voice level in Title 1 and in the afternoon, but otherwise did not follow directions or do his work as he can, his chart would look like the following. Note that it is good and appropriate behavior that we are tracking here and not negative ones:

Behavior / Part of Day	Title 1	Rest of the Morning	Afternoon
Stay in his chair	<b>X</b>	<b>X</b>	<b>X</b>
Good voice level	<b>X</b>		<b>X</b>
Follow directions			
Do his work at or near ability level (of what you can see)			

Send the report home at the end of the day.

At home he will get more rewards the more check-marks he gets, and it may be attached to a more extensive at-home token program. **You do not have to refer to this token system during the day or to him unless you want to – you can simply send it home.** If you do want it as a tool to talk with him, however, the following principles apply to a properly applied and used token system.

- Do not at any point tell him that he has lost, or may lose, tokens. The default is that he has no tokens and he has opportunities to earn tokens. Semantically referring to it as “losing” is likely to have the effect of Him interpreting it as a punishment system rather than a rewards system
- Each part of the day in the chart is a clean slate for earning new tokens
- If giving encouragements or feedback, it is desirable to focus on when he does something well, and to use positive phrasing when possible (as opposed to negative phrasing). This applies both when talking directly to Him or when he may hear you talking about him to someone else.
  - Negative phrasing to avoid:
    - You have done a good job not been ignoring my directions today
    - You have done well not interrupting me today
  - Positive phrasing to use:
    - You have done a good job listening to me today
    - You have done well speaking when you are supposed to today
- When giving the tokens at the end of the day, avoid being down on him for getting few tokens if that is the case, and try to highlight any positives (e.g., “you went two lessons in a row this morning listening to directions well” or “you talked when appropriate the first lesson today, although I know mornings can be hard for you”)
- The current behaviors being tracked on the chart can be changed if there is a need for it, although some stability is desirable

Behavior / Part of Day	Title 1	Rest of the Morning	Afternoon
Stay in his chair			
Good voice level			
Follow directions			
Do his work at or near ability level (of what you can see)			

## Appendix IV

### Sample Token Program Themes and Flavors

**All themes and flavors have to be adjusted to each family's situation and resources.**

*Rrrrr! Maties!* - The High Sea Adventures of the Wessel Pirate Family

Help the captains Chris the Bold and Espen the Viking by being a good "matie" and earn your share of the loot and plunder.

Be a good pirate! Earn your share of the loot!

At the end of the day, before tokens are distributed, the family plays a game of "Loot" (15 minute game - published by Playwright Games).

A good pirate keeps his quarters tidy. 1 piece of loot daily (plastic gold coin).

Unless boarding a ship, a good pirate is gentle with others. 1 loot.

Pirates are women of their words. Be honest. 1 loot - 3 times a day.

Our ship needs someone to play up for the dances on deck! 1 loot per 30 minutes of practicing the piano.

Someone has to be able to write the ransom notes! 1 loot per 30 minutes of practicing writing.

Do your assigned duties on the ship - chore. 1 loot per chore.

Shore leave!

Loot price: Buying:

- X Pirate's brew (soda)
- X Pirate's Cove miniature golf
- X/30min Games at the tavern (video games)
- X Tavern gossip (go on facebook)
- X Late return to the ship (stay out 30 minutes later)

*Koreanna's Space Adventures*

To work properly, a spacesheep is kept neat and orderly. Room clean at bedtime - X space credits.

An astronaut needs to be alert and rested. Get to bed on time - X sc.

An astronaut needs to be smart and diligent. Do your homework - X sc.

Read 30 minutes - X sc.

An astronaut needs to know how to be diplomatic to get along with crew (and in case meeting new alien races). Use nice words 1 sc x3 each day.

Space dock!

SC price:

- X Space juice (soda)
  - X Moon pie, chocolate rocks, etc. (treats)
  - X Simulator/hologram room (videogames)
  - X Go to the Barlow planetarium
- X(high) Enough of that space food - have dad prepare a different meal for you than the rest of the family.

Monopoly - use a monopoly game set.

When in the day earning a street, put a house on it. If you get a complete set, get a bonus Monopoly money. When you have enough houses on a street, replace them with a hotel and get a bonus Monopoly money.

Pass Go. At the beginning of each weekend, the child gets 4 tokens.

Behavior	Street	Monopoly money
Get out of bed on time	Atlantic Avenue	1
Make own breakfast	Ventnor Avenue	1
Brush teeth after breakfast	Marvin Gardens	1
Follow directions in the morning	Oriental Avenue	1
Follow directions in the afternoon	Vermont Avenue	1
Follow Directions in the evening	Connecticut Avenue	1
Use nice words in the morning	St. James Place	1
Use nice words in the afternoon	Tennessee Avenue	1
Use nice words in the evening	New York Avenue	1
Complete all at-school schoolwork	Park Place	2
Complete all homework	Boardwalk	2

Community chest - a deck of index cards with available chores written on them is used. At the child's option, the child may choose to draw one and do the chore for Monopoly money 1-3

Privilege	Price
Free Parking - skip a chore	3
Roll again - stay up an extra 30 minutes	4
Chance - draw a random community chest card (a deck of index cards with small rewards and prices written on them)	2
Draw a random	
Get out of jail free - may come out of "jail" after 1 hour (see below)	8
Railroad - ticket for the lakeside park	1
Water Works - soda	6
Electric Company - TV/electronic games	3 per 30 minutes.

Jail: Hit someone => Go directly to jail, and do not pass start. Grounded to their room with no TV or videogames for the night. Tokens may still be earned, but not tokens can be traded in for privileges that day.