

Behavior Contract

Practice Worksheet

1. Behavior we would like to decrease:

Julia, does not like some of the other girls in the troop. She consistently avoids sitting next to them and when paired up with one of them of them she sulks and makes comments under her breath.

2. Behavior Goal – what we would like to see increase:

Learning Petal Specific Behavior

3. Is this an *Individual* or *Group* Contract? _____

4. Frequency of the Targeted Behavior (*circle one*):

- Check for this behavior every meeting?
- Check for this behavior every 30 minutes?
- Check for this behavior every 15 minutes?

Note: The more persistent the behavior, the shorter the check-in time and the quicker the girl is rewarded for it's absence.

5. Presentation:

What are some creative ways you could help mark her progress on this contract?
(Examples: Hole punch a card, give her tickets, stickers, stamps, etc)

6. Usage:

When might you set this contract up with Julia? _____

When/How would you check-in with her? _____

What do you do if Julia argues over whether or not she demonstrated the goal behavior in the time period? _____

7. Reward(s):

The best thing to do is to ask Julia what she would like to earn, but what might be some creative tasks, objects, or responsibilities, you could suggest as a reward?

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Sample 1 – for Groups

1. Behavior we would like to decrease:

This troop of Girl Scout Daisies frequently interrupts and talk over one another. They shout out answers and do not seem to be listening to the leader or each other. They get quiet when the hand is raised, but the talking and giggling quickly begins again soon after.

2. Behavioral Goal - what we would like to see increase:

Respect for Self and Others – By Listening (Purple petal + specific behavior)




3. Is this an Individual or Group Contract? Group

4. Frequency of the Targeted Behavior (circle one):

- This behavior happens once every meeting
- This behavior happens once every 30 minutes
- This behavior happens once every 15 minutes

5. Presentation of Contract:

Bunny race poster (big ears for good listeners)
Four hops to get to the garden

	Start	1 Hop	2 Hops	3 Hops	4 Hops	Garden
Jane						
Tasha						
Ling						

6. Usage:

Before the closing at each meeting, the troop gathers around the poster and the whole troop helps to assess each girls' progress.

Leader asks:

- “Natasha were you respectful of yourself and others by listening, tonight?”
- Leader allows some discussion by the girls, but has the final say whether or not Natasha listened **to the best of HER ability** that night.
- If a girl has listened well for the entire meeting, her rabbit moves forward one line.
- Encourage any girls whose rabbits are “left behind”, by praising them for how close they were and asking the troop to help them do even better next week.

7. Reward(s) - The group has chosen the following:

- Individual reward – Lollypop when a girl reaches the garden (a minimum of 5 mtgs)
- Group reward – Trip to the park when all the girls' rabbits have reached the garden.

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Sample II – for Individuals

1. Behavior we would like to decrease:

Anisha has difficulty keeping her hands to herself. She constantly hugs, hangs-on, and touches the other girls. When they respond negatively, Anisha gets frustrated and often hits or pushes.

2. Behavioral Goal – what we would like to see increase:

Respect for Self and Others – By keeping my hands to myself
(Purple petal + specific behavior)

3. Is this an *Individual* or *Group* Contract? Individual

4. Frequency of the Targeted Behavior (circle one):

This behavior happens once every meeting

This behavior happens once every 30 minutes

This behavior happens once every 15 minutes



5. Possible Presentation of Contract:

The leader and Anisha have worked out this contract together.

Anisha will receive a blue rubber band to put on her wrist every 15 minutes that she is able to keep her hands to herself.

6. Usage:

If the leader sees Anisha trying to be affectionate with her hands, the leader has agreed to give her one warning to keep her hands to herself. If Anisha hits or pushes, the leader reminds her of her goal, and the leader tells her that she will hold onto that rubber band, but encourages Anisha to work really hard towards getting the rubber band for the next 15 minute block of time.

It is important that the leader does not argue with Anisha about the loss of the rubber band, or try to explain in too much detail what hands-on offense she witnessed.

7. Pre-determined Reward(s):

At the end of the meeting, if Anisha has three rubber bands, she can “cash-in” her rubber bands for one item from a small bin of dollar store items (pencils, erasers, hairbands, a mirror, etc.)

After Anisha has succeeded in “cashing in” a few times, possibly over the span of 2-3 meetings, the cost of the rewards can increase until the behavior diminishes.