

My Behavior Plan

Name: _____ Class: _____

Date: _____

Plan to last from _____ to _____
(date) (date)

Person(s) helping me to make my plan _____

My goal is to: _____

I want to reach this goal because: _____

I am going to do these things to reach my goal: **Who will help me?**

- Learn what behavior is expected of me
 - Learn to know my feelings
 - Learn to ask for help with my feelings/behavior
 - Learn to share things/time/space
 - Learn to wait for others
 - Learn to speak respectfully to others
 - Learn to ask others to treat me respectfully
 - Learn to include others in work and play
 - Learn to ask for help with my school work
 - Accept help from others (adults and students)
 - Learn to help others
 - Learn to solve problems by talking
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NOTE TO GLADWORKS: Please delete the long black lines

Others can help me reach my goal by:

telling me when they notice me trying

telling me when they notice me learning

reminding me of my goal

practicing my goal with me

thanking me for the way my behavior helps them

listening to me talk about my goal

I will know I am reaching the goal by:

keeping a journal

keeping a checklist

talking to my teacher

talking to another adult

talking to other students
