

SAMPLE HARD TIMES BOARD



Triggers: What Makes Me Mad

1. When I have to stop doing something fun
2. When it's time to do a chore
3. When my plans don't work out



Can't Dos

1. Hit somebody
2. Break anything



When I'm Having a Hard Time, I Can:

1. Draw a picture
2. Read a book
3. Listen to music
4. Play with the dog

From *Smart but Scattered* by Peg Dawson and Richard Guare. Copyright 2009 by The Guilford Press.

MY HARD TIMES BOARD



Triggers: What Makes Me Mad

- 1.
- 2.
- 3.



Can't Dos

- 1.
- 2.



When I'm Having a Hard Time, I Can:

- 1.
- 2.
- 3.
- 4.

From *Smart but Scattered* by Peg Dawson and Richard Guare. Copyright 2009 by The Guilford Press.

DAILY HOMEWORK PLANNER

Date: _____

Subject/assignment	Do I have all the materials? Yes <input type="checkbox"/> No <input type="checkbox"/>	Do I need help? Yes <input type="checkbox"/> No <input type="checkbox"/>	Who will help me?	How long will it take?	When will I start?	Done (✓)
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>				

From *Smart but Scattered* by Peg Dawson and Richard Guare. Copyright 2009 by The Guilford Press.

CHECKLIST

Task	Number of reminders Tally marks (///)	Done (✓)

From *Smart but Scattered* by Peg Dawson and Richard Guare. Copyright 2009 by The Guilford Press.

STUDY PLAN

Date	Day	Which strategies will I use? (write #)	How much time for each strategy?
	4 days before test	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
	3 days before test	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
	2 days before test	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
	1 day before test	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____

Posttest Evaluation

How did your studying work out? Answer the following questions:

1. What strategies worked best?

2. What strategies were not so helpful?

3. Did you spend enough time studying? Yes No

4. If no, what more should you have done?

5. What will you do differently the next time?

INCENTIVE PLANNING SHEET

Problem Behavior

Goal

Possible Rewards

Daily

Weekly

Long-Term

Daily	Weekly	Long-Term
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

Possible Contingencies/Penalties

From *Smart but Scattered* by Peg Dawson and Richard Guare. Copyright 2009 by The Guilford Press.