

Templates, Planners & Contracts for Differently Wired Kids



SAMPLE CONTRACTS

Contracts

Self-Care Guidelines: A contract we created around helping Asher form healthy self-care and personal hygiene habits.

Pre-Holiday Break Agreement: A contract we created to encourage Asher to finish the semester strong despite losing steam leading up to the winter holiday break.

Daylight Savings Adjustment: A contract we made as a way to stating our shared agreements regarding a school schedule adjustment in response to daylight savings.

Asher's Awesome New Point System: A detailed breakdown of one of Asher's (many) positive behavioral support point systems from when he was younger (this one was from the year he was nine years old).

SELF-CARE GUIDELINES

In order to continue having the extended bedtime of 9:15 on school nights, I must follow the following self-care guidelines. I am working toward ultimately moving my school night bedtime to 9:30pm. When I have demonstrated I am taking full responsibility for the below items and am doing them in a cooperative way consistently for 3 weeks, my bedtime on school nights will be moved to 9:30pm. To maintain this bedtime, I must continue to cooperatively follow the self-care guidelines laid out below.

SHOWERING

I must shower independently three times a week:

- Once between Monday and Wednesday
- Once between Thursday and Friday
- Once between Saturday and Sunday

BRUSHING TEETH

- I must brush my teeth independently & cooperatively twice a day (morning and evening).
- I must brush my teeth after one request.
- Arguing or not brushing my teeth when asked will be considered not sticking with the agreement and will put the 9:15pm bedtime (and future goal of 9:30pm) in jeopardy.

**** BONUS!! I will receive a bonus 10 minutes of reading time when I brush my teeth on my own in a cooperative way without ANY reminders! ****

SIGNED: _____

PRE-HOLIDAY BREAK AGREEMENT

Yahoo! It's almost Christmas! We're hoping to have a 2 week(!!!) holiday break from homeschool over the Christmas and New Year's holiday!

In order to have these two weeks off of school however, we need to have 2 very cooperative, productive, and fun weeks beforehand.

For the school weeks of December 9 and December 16, this means:

- Starting every school day on time (school starts at 10am)
- Having a positive and cooperative attitude at the start of school
- Not yelling or complaining when it's time to get off the computer, either before school or after Minecraft break
- Having a positive, cooperative, and willing attitude toward all lessons.
Remember: You don't have to LOVE everything we're doing, but you do need to do what is asked of you
- Be respectful of your teacher, a.k.a. MOM

If one of these criteria isn't met, you will receive a "strike." If you have 3 "strikes" in a given school day, it will mean one less day of holiday break.

SIGNED:

Asher: _____

Mom: _____

DAYLIGHT SAVINGS ADJUSTMENT

Monday, March 31, 2014

I, Debbie Reber, and I, Asher, have jointly agreed to begin school 1 hour (one hour) late today to allow our bodies and minds to adjust to Daylight Savings Time.

We will begin school at 11am (a grace period for a start at 11:10am will still allow for receiving Creeper Bucks for an on-time start).

I, Asher, understand that I am expected to cooperatively get off the computer when asked, and to cooperatively get ready for school. It's important that I, Asher, do this as it builds trust with my mom and shows both of us that I can be responsible and keep my word.

I understand that if I do not stick to the terms of this agreement, I will not have enough time to have a screen-time break during the school day, and we won't have enough time to go to City House for lunch, which is what we are scheduled to do.

Signed:

Debbie Reber _____

Asher _____

ASHER'S AWESOME NEW POINT SYSTEM!!!

Here's how you earn POINTS:

- ➡ Using your new MANTRA: 1 point
- ➡ Showing flexibility: 1 point
- ➡ Speaking respectfully: 1 point
- ➡ Using your own problem-solving strategies in a challenging situation*: 1 point

Here's what you get for your POINTS:

5 points in 1 day = special dessert that evening **

But wait . . . there's more!!! BONUS!! If you earn 10 points in one day you earn an extra ½ hour of screen time to work on Picksey Blaster, play Portal, or do whatever you want to do!!

** We would like to brainstorm with you different ideas for things you can do to help you calm down when you get very angry or upset*

*** Each week you choose your special "dessert of the week." If you earn 5 points, this is the special dessert you will get to have that evening. You can choose things like: pie, ice cream, cookies, and more!*

ASHER'S MANTRA

What is a Mantra? The word *mantra* comes from Sanskrit and means "tool/instrument of thought." Mantras are sounds, syllables, words, or groups of words that are repeated with the goal of creating a positive transformation within the person.

Suggested Mantras for Asher:

Being flexible doesn't mean I'm losing control.

It's okay...I'm in still in control even if I didn't get what I wanted.

Don't like one of these? What else can we come up with? Write your new mantra here!

CONSEQUENCE FOR EXTREME BEHAVIOR:

The following behaviors are very serious and when they happen, come along with very serious consequences. What we don't want to see or hear:

- Name calling (calling mom, dad, or another person any sort of name, such as calling someone stupid, an idiot, or any other name meant to make them feel bad)
- Hitting another person with either your body or with another object
- Throwing an object at another person

The consequence of any of the above:

Lose all screen time for that day (including working on Picksey Blaster, etc.)
OR Restitution = 15 minutes of being mommy or daddy's helper around the house to help with any chores we request.