

### Home Behavior Matrix Example

Home Expectations ↓	Getting Up	Getting to School	Clean up Time	Time to Relax	Homework Time	Mealtime	Getting Ready for Bed
<b>Help Out</b>	-Make Your bed -Place clothes in hamper	-Have your back pack, homework, lunch, notes, keys	-Do your chores listed on the refrigerator	-Clean up after yourself -Play quietly without being mean to others.	-Put your things in your backpack when finished & Place backpack near the front door -Clean up your work area	-Set the table -Put dishes away	-Place dirty clothes in hamper. -Help mom/dad pick up mess. -Follow directions the first time. - Go to bed on time. No phone.
<b>Own your behavior (Be Responsible)</b>	-Out of bed by 7:30 -Eat breakfast -Clear breakfast dishes to the sink -Brush teeth and comb hair -Get dressed	-Be ready to leave by 8:30	-Clean up after yourself	-Ask before you borrow -Ask to change TV stations	-Do homework from 4:30 -5:30 everyday -Do work in designated study area. No phone during HW. -Have all materials ready and organized -Do your best work	-Use kind words and "I statements" -Recognize mistakes and apologize	-Brush your teeth -Set Clothes and backpack out for tomorrow. - In bed by 9:00 -Lights out by 9:15
<b>Manners Count</b>	-Try a morning SMILE! -Thank your parents for helping.	-“Thanks for the ride” -“Have a nice day”	-Ask for help using a calm tone of voice	-Use others things without breaking -Offer to share	-Ask for help using a calm tone of voice. -“Thanks for the help”	-Say Please and thank you -Use your napkin	-End the day with nice words and thoughts
Monday Score							
Tuesday Score							
Wednesday Score							
Thursday Score							
Friday Score							
<b>TOTALS</b>							

Incentives: When I get \_\_\_\_\_ points/stars/checks I get to \_\_\_\_\_ (list options/choices) .