



**TEMPLATES, PLANNERS, & CONTRACTS
FOR DIFFERENTLY WIRED KIDS**

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Planning & Organizing

Weekend Day Planner: We used this worksheet on weekends so Asher could share his expectations, we could discuss our plans as a family, and we could problem-solve around any discrepancy between the two.

Time Tracking Worksheet: We noticed Asher didn't have a good sense of how long certain activities took, so through this form, he would predict how long an activity would take and then we could compare afterward how accurate his prediction was.

Week at a Glance: We fill out this form every Monday, noting any special events or activities that should be on Asher's radar. Then we review the form every single morning to ensure there are no surprises.

Getting Out the Door: We used to have this printed out and tacked to the wall of the coat closet to avoid situations where we left the house and Asher didn't have something he wanted (like a book or his Kindle), and also to help him learn to be responsible for himself.

WEEKEND DAY PLANNER

It's Saturday / Sunday! (circle one)

Today I am expecting to be able to:

Today I was expecting that (mom / dad / my brother / my sister / my friend) would be available to:

I understand that it is a WEEKEND day and we will be doing a family activity. I've talked with mom and dad and that activity is:

To help me prepare / plan for the family activity, I would like Mom and Dad to:

I have talked to Mom and Dad and we have made a plan (check box below):

WEEK AT A GLANCE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GETTING OUT THE DOOR

- 1: Remind mom to remind me to remind her to bring a book!
- 2: Put on gloves
- 3: Put on shoes
- 4: Put on jacket
- 5: Put on Patagonia™ coat
- 6: Put on epic Creeper hat
- 7: Get out of door (quick)
- 8: Done!

Goal Setting

Goal Planning Worksheet: This worksheet helps break BIG goals down into smaller, doable steps. Asher fills this out for big goals, and then we check-in with it every week (or sometimes every morning) and update as necessary.

The BIG GOAL Worksheet: A simplified version of the Goal Planning Worksheet, I used to print this out with Minecraft art on it and post it on his wall, so he could keep his big GOAL front of mind.

Goals of the Week: We fill this out together every Monday morning so we can have a big-picture view of the overall goals for the week (both school and personal). Then we check in with it every morning to ensure we're on track to reach those goals.

GOAL PLANNING WORKSHEET

Big Goal:

Deadline:

How will I know I have accomplished the goal?

How will I feel when I've reached my goal?

Mini-steps to accomplish goal:

1.

2.

3.

4.

5.

6.

7.

8.

THE BIG GOAL

I will (goal):

By (date):

I will know I have completed this goal when:

My personal "why" for pursuing this goal is:

Goals of the Week

Screen Time

Screen Time Planning Worksheet: This worksheet helps Asher think about his goals for screen time on any given day and we created it to avoid disappointment at the end of the day and Asher feeling like he squandered his time. It also helps him proactively plan for problems.

Screen Time Tracking Worksheet: This is a worksheet Asher used to fill out while doing screen time. He has to identify his tasks in order of priority, and estimate how long it will take him to accomplish it. As he goes about his day, he must pause and fill in a "bubble" so he can a) learn how long things take him and b) make sure he's stays on task. (Each bubble represents 30 minutes)

10-Minute Wrap-Up Plan: Ash used to ask for 10-minute warnings before his screen time was up for the day, so this was his plan for handling himself when he received a 10-minute warning.

Screen Time Accountability Worksheet: This worksheet is intended to be an in-the-moment way for Asher to stay accountable, take his breaks, and consciously choose how he spends his time on screen.

To How Support Myself Staying on Task & Focused: This sheet reminded Asher of the steps he was committed to taking in regards to his screen time to build responsible habits.

SCREEN TIME PLANNING WORKSHEET

I'm starting my screen time now. What time is it?

My screen time ends at _____. How much total screen time do I have?

My plan for using my screen time is:

Do I need any reminders from mom (or dad)? If so, what is the reminder?

It's my responsibility to ask mom (or dad) to remind me. Check the box below if I reminded mom or dad to remind me:

SCREEN TIME TRACKING WORKSHEET

Morning (weekends only)

- Top Priority:

- Second Priority:

Afternoon / Evening

- Top Priority:

- Second Priority:

- Third Priority:

WHEN YOUR 30-MINUTE ALARM GOES OFF:

1. Pause what you are doing
2. TAKE 10 deep breaths and do 20 jumping jacks
3. Fill in a "bubble" on the sheet
4. Look at the clock and determine if you have time for 30 more minutes
5. If yes, reflect on your goals, decide how you want to spend your time, and start timer over
6. If no, close your computer and do something offline

10-MINUTE WRAP-UP PLAN

1. Pause your activity

2. THINK about what you can do in 10 minutes (remember . . . it goes by quickly!)
 - a. If you're watching a VIDEO and there are less than 10 minutes left, perfect! Don't start a new video when it's over!

 - b. If you're watching a VIDEO and there are more than 10 minutes left, accept that you won't be able to finish the video now. But that's okay! It will be there waiting for you later!

 - c. If you're working on a texture or other project, save it and continue working.

 - d. If you're playing a game (mini-game, etc.) remind yourself that this is your last game. Don't start a new one when this one ends (since that one might not end in time).

Screen Time Accountability Worksheet

Time Block 1:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 2:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 3:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 4:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

NOTE: Forgetting to get sign-off on a time block plan results in losing a screen time block, either for the same day or the next day.

HOW TO SUPPORT MYSELF IN STAYING ON TASK AND FOCUSED REGARDING SCREEN TIME

1. Fill out a screen time planning sheet and write out your primary goal(s) for how you want to spend your screen time.
2. When you're ready to begin your screen time, start a timer for 30 minutes.
3. When your alarm goes off, pause what you are doing immediately, fill in a "bubble" on your planning sheet, and look at the clock to determine if you have time for another 30-minute session. If the answer is "yes," reflect on your goals, decide how you want to spend that session, and start your timer over for another 30-minutes. If the answer is "no," close your computer and do something offline.
4. Repeat step 3 until you have used up your screen time.

School Life / Homeschooling

Daily School Goal Sheet: Asher fills out a worksheet like this every morning so he can check in on what his "to do's" are for every class and create a list of goals for the day. He also numbers the goals / tasks to put them in the order in which he wants to do them. He fills this out while looking at the Goals of the Week.

Attention! (late to school #1): My response to Asher being late / not showing up for our homeschool, designed to both set a boundary for myself and also help him take self-reflect and take responsibility for his actions.

Uh Oh...Looks Like it Happened Again (late to school #2): See above

Yikes...Your Plan Didn't Work (late to school #3): See above

ATTENTION!

School begins at 10:10am. If this door is closed, it is because you are very late to school.

We have several guidelines for our wonderful homeschool that we created together, which include treating each other with respect. One of the best ways to show respect is to respect each other's time and keep our word with regards to the starting time of school.

In order for school to resume, please answer the following questions thoughtfully and deliver this form to me:

- 1. How is being late to school disrespectful?**
- 2. Do you think it is reasonable to expect your teacher / mom to wait for an undetermined amount of time each morning while you continue to work on whatever you're doing? Why or why not?**
- 3. What can you do differently tomorrow to be on time for school?**
- 4. What restitution can you do TODAY, either for your teacher/ mom or your school, to make up for the late start this morning?**

UH OH... LOOKS LIKE IT'S HAPPENED AGAIN

You're late to school ☹

One of our most important guidelines for our homeschool is that we treat each other with respect, which includes respecting each other's time and our agreed upon start of school.

As your mother and teacher, when you yell at me as I let you know it's time to get ready for school, I feel disrespected and hurt.

In order for school to resume, please answer the following questions thoughtfully and deliver this form to me:

- 1. Why do you think you have been struggling to get off the computer the past few mornings before school?**
- 2. I've noticed you've been getting very upset lately during your screen time. Do you think you can make a different choice with how you're spending your screen time so you don't get so upset?**
- 3. What could you do differently in the mornings to a) help yourself not get so upset, and b) be on time for school?**
- 4. What restitution can you do today, either for your teacher / mom / or for your school, to make up for the late start this morning?**

YIKES...LOOKS LIKE YOUR PLAN DIDN'T WORK

You're late to school again. ☹️

When you are repeatedly late for school, it feels super icky and as if you don't respect me or our time together. It's also just plain not okay. It's not how I want our school to work. How about you?

In order for school to resume, please answer the following questions thoughtfully and deliver this form to me:

1. Why do you think your plan for a smooth morning didn't work today?
2. Where did things go wrong / what decision did you make that resulted in things going off track?
3. What specifically could you have done differently this morning to ensure you were at school on time?
4. What restitution can you do today, either for me (your mom) or for your school, to make up for the late start?

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 Basden, 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 Basden, 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 Basden -----

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.

Vacations

Vacation Goals for Family: A worksheet we fill out before a vacation where everyone in the family can state their expectations and goals and ideas about the upcoming vacation.

Vacation Concerns: A place for Asher to state his concerns about the vacation so we can proactively problem solve solutions that address his concerns.

Vacation Day Planner: We fill this out for everyday of our trip so Asher knows what is planned for the day, when he'll have down time, what the timing is of activities, etc.

FAMILY GOALS FOR VACATION

Asher:

Mom:

Dad:

VACATION CONCERNS

My Concerns	Possible Solutions

VACATION DAY PLANNER

Our Plan for the Day:

We have to leave the hotel / Airbnb / cottage by:

We aim to return to the hotel / Airbnb / cottage by:

You'll be able to do some screen time at:

You will get to swim at the hotel (if applicable) around:

Comments / Special Requests:

Emotional Regulation

Debriefing Form: This is a form we used after a difficult moment to help Asher self-reflect and better understand what happened in the moment, how others may have experienced the situation, what he could do differently the next time, etc.

DEBRIEFING FORM

What was the problem?

How did you feel?

What did you do?

How did the other person feel?

What was the trigger?

What could you do differently next time?

- Take a break
- Ask for help
- Use coping routine
- Positive self-talk
- Other behavior

How can the situation be made better?

Bonus Worksheet for Parents

Monthly Self-Care Check Sheet: A check sheet I use to track my self-care activities so I can be proactive about squeezing them in.

Monthly Self-Care Check Sheet

The goal of this Monthly Self-Care Check Sheet is to be proactive about building regular self-care into your daily life. Start by filling in the column to the left with your favorite restorative self-care activities (ideally, at least one or two of these should be simple and fast to do).

Keep the Check Sheet somewhere highly visible (on your refrigerator, on your desk, etc.) and check in with it every day. The goal is to do at least one intentional act of self-care each day (but more than one would be great, too!)

Here's an example of how I use the check sheet:

Week 1	M	T	W	T	F	S	S
Yoga or exercise (goal is 4x / week)	X		X	X			X
Creative writing time (goal is once per week)		X			X		
Listen to music I LOVE	X	X	X	X	X	X	X
30 minutes reading for pleasure (goal is 3x / week)			X			X	
Take a nap (goal is 2x / week)						X	X

Monthly Self-Care Check Sheet

Week 1	M	T	W	T	F	S	S

Week 2	M	T	W	T	F	S	S

Week 3	M	T	W	T	F	S	S

Week 4	M	T	W	T	F	S	S