

Picture Chart

User Guide

This chart is best used with younger children, and with children who need visual cues and clues. It can be laminated and placed in a prominent place, and you can interchange the pictures and behaviours that you use.

How To Use:

1. In the first section, place a picture of the behaviour that you would like your child to show. Always refer to the behaviour in positive terms – for example ‘use your hands kindly’ rather than ‘stop hitting your brother’. The picture can be a drawing you have made together, a picture cut from a magazine, or a photograph of your child showing the positive behaviour (usually the best option).
2. In the middle section, write in words what the behaviour is. Use the separate cards provided for this – copied onto card if possible. Talk to your child about how to word this so that they understand what is expected.
3. In the final section, you can stick a star when the behaviour has been achieved. Again the stars are provided, and you can copy them onto card if you wish. You may choose to use one star a day, or over shorter time periods, this depends on what the desired behaviour is and on the needs of your child.

You must be clear and specific when deciding with your child what they need to do to achieve a star. It is not specific enough to say, for example, ‘tidy your bedroom’, as your standards of tidiness may be quite different to your child’s! Small steps are better. Set a target that is easily measurable, for example, ‘no clothes on your bedroom floor by bedtime’ with a picture of a tidy floor. When this habit has become ingrained, you can change the desired behaviour.

My Picture Reward Chart

What I Must Try to Do

My Target in Words

Did I Do It?



