

Behaviour Management: ADD with Hyperactivity

Pay Up!

Educational Purpose: To have the child/student realign his/her behaviour.

Age Range: 6 to 11

Materials: none

Procedures:

1. Have the child/student sit in front of you.
Insist that he/she look into your eyes as you explain the strategy to be used.
2. Say, "Whenever I ask you to do something and I notice that it takes you too much time to start it, whether it be
 - making your bed
 - getting ready for school
 - sitting down to do your homework,

I will use what is called the '1-2-3 method'. Here's how it works:

If you haven't started whatever you're supposed to do, I will count 1, 2, and if by the time I reach 3 you still haven't started, you will have to pay me a penny from your allowance for every minute that you are wasting."

3. Should the child/student still waste more time, give him a 'Time out' period.
e.g.

*2 minutes of time for the child's/student's age:
6 years old X 2 = 12 minutes of time out.
9 years old X 2 = 18 minutes of time out.*

Variations:

- A kitchen timer can also be helpful because the child/student will be tempted to want to beat it.
- A chart like the blank page of a calendar can be placed on the refrigerator door or somewhere else where the child/student can see his/her progress.

