

**Scenario 1:**

5-year-old with tantrums surrounding limit setting. Tantrums occur at least once per day and last approximately 30 minutes. During tantrums, child exhibits yelling, name-calling, and increased aggression.

**Scenario 2:**

12-year-old who needs multiple reminders to follow house rules such as picking up shoes, hanging backpack in closet, and making their bed.

**Scenario 3:**

8-year-old who routinely returns from daycare/school with negative reports of behavior. Child is observed to hit and push other children or use cuss words. These behaviors are not noted in the home environment.

**Scenario 4:**

7-year-old with a history of demonstrating problematic sexual behavior to include excessive self-touch and touching other children's private parts. Recently attempted to touch foster sibling's private parts.

**Scenario 5:**

15-year-old who frequently argues with their caregiver, back-talks, and name calls. Also with a tendency to sneak out or leave the home after arguments.

## Behavior Management Planning Worksheet

1. What is the problem behavior?



2. What function could this behavior be serving?



3. What is the opposite of the problem behavior? Write the rule positively.



4. What reward will the child get if the rule is followed?



5. What consequence will the child get if the rule is not followed?



6. What other environmental strategies could be employed with this behavior?  
(i.e., active ignoring, redirection, distraction, etc.)

*What else !*

Is the rule enforceable 100% of the time?

Yes  No

Is what you want the child to do stated very clearly?

Yes  No

Is the rule specific?

Yes  No

Are there any loopholes?

Yes  No

*Review your responses to the yes/no questions to determine if you need to make any adjustments in addressing the behavior problem.*