

CATCH ME BEING GOOD!

Instructions

For Ages 3 to 10

Created by Dr. Lawrence E. Shapiro

About the Program

“Catch Me Being Good,” is one of the most frequently recommended forms of positive discipline. Based on the principle of positive reinforcement (also called behavior shaping), this technique assumes that children will learn positive behaviors when they are randomly reinforced with a combination of praise and tangible rewards.

This program includes multiple ways to create an atmosphere where children strive to be good because being good gives them pleasure.

The program includes :

- A board game that helps children see the value of being good
- “Catch Them Being Good” Reward Bucks for random reinforcement
- A reward Penny Pitch where children can cash in their Reward Bucks. A blank chart is included if you wish to create your own Rewards Game.
- Positive behavior chart where adults can target the positive behaviors they want children to learn

Begin by playing the game several times.

Then tell the child (or children) that when you “catch them being good” you will give them a Reward Buck. When they get 10 bucks they can play the Reward Penny Pitch game and win a prize.



CATCH ME BEING GOOD!

How to Play the Game

Play the “Catch Me Being Good” Game as a way to introduce the importance of good behavior.

Preparing the Game

- Print, cut out, and assemble the dice (or you can use dice from another game).
- Print and cut out 20 or more Reward Bucks.
- Print out the Game Board, the Rewards Penny Pitch, and the Target Behavior Chart.
- Gather pennies, buttons, or pawns from another game.

Playing the Game

- All players pick a marker and put them on the START square.
- The youngest player goes first, rolls the dice, and moves their marker as indicated on the dice.
- All players answer the questions on the squares and get a Reward Buck for each answer. Play continues until each player has won 5 Reward Bucks. If a player goes around the board once, they can continue around the board a second time until they win 5 Bucks.

- Players keep their Reward Bucks and they can be combined with Bucks earned from the “real life” reward system (see below).

Catching Kids Being Good - Every Day

The power of this program comes from consistently rewarding positive behavior.

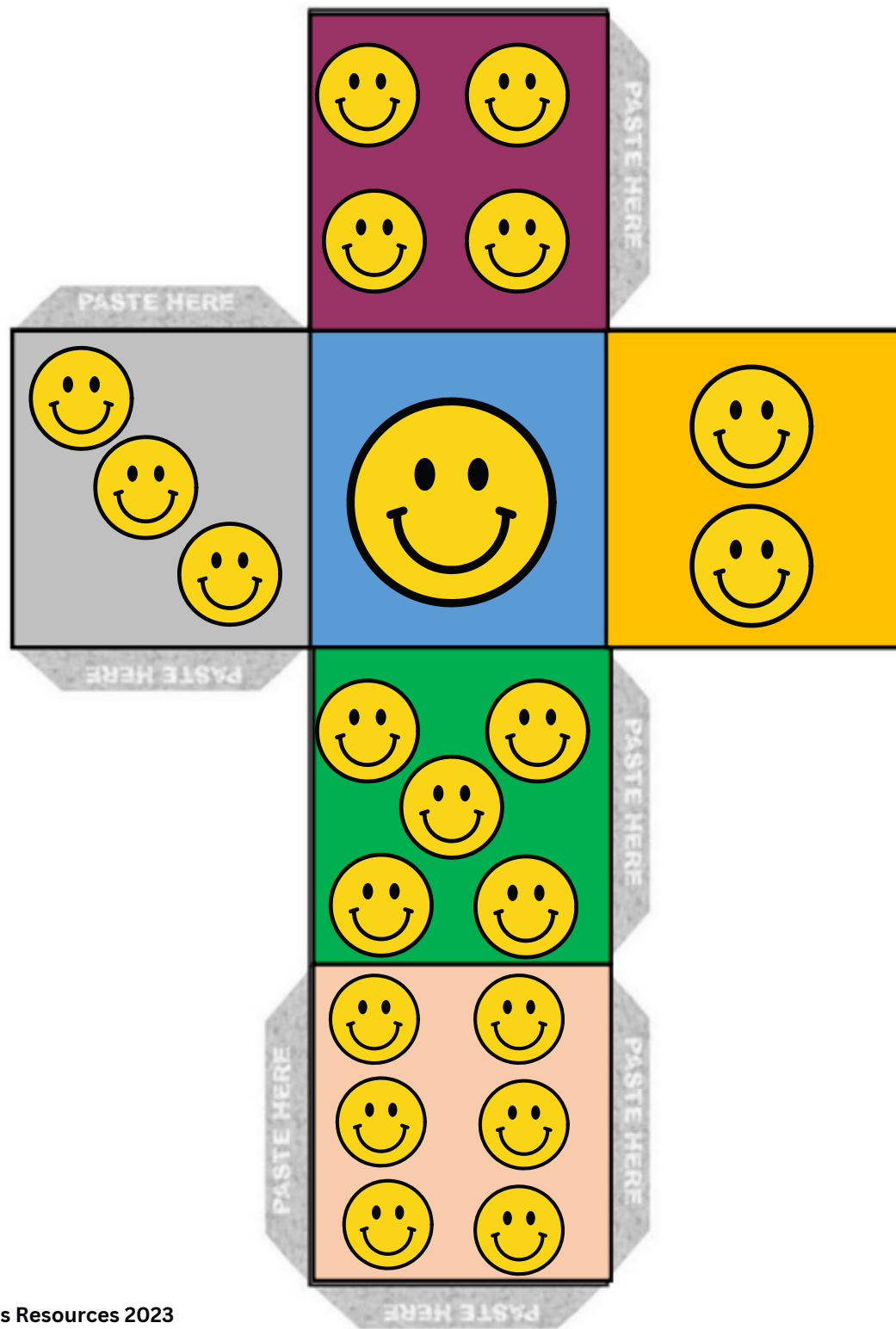
You do this by looking for the important positive behavior you want the child to work on. Use the Target Behavior Chart to write in the behaviors you want the child to work on such as: “Going to bed without a fuss,” “Doing homework on time,” “Doing chores without being reminded,” and so on.

Explain to the child: “The behaviors on this chart are very important. When I see you doing them, I will give you a Rewards Buck and when you get 10 Bucks you can play the Rewards Penny Pitch Game and get a prize.

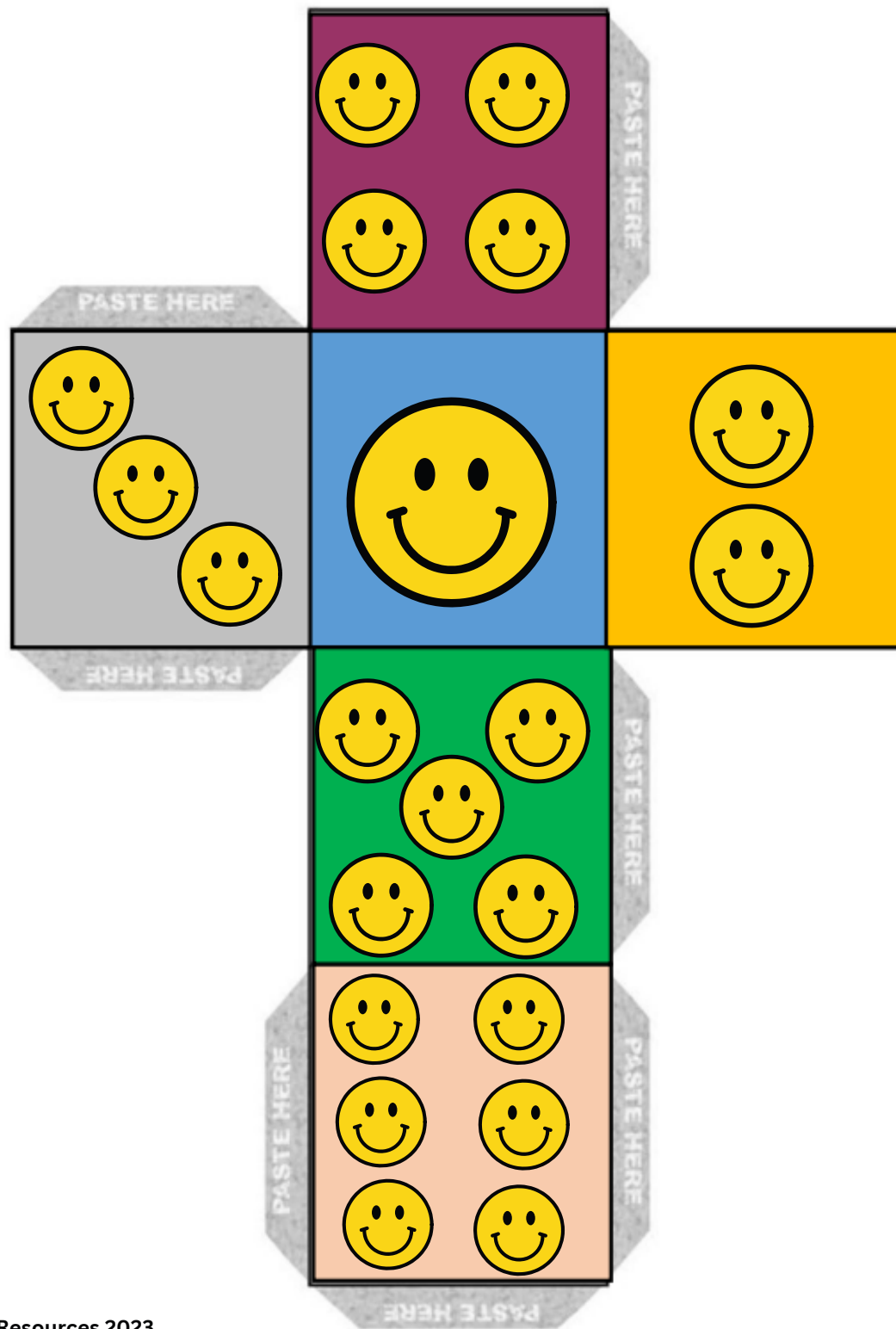
Note that you don’t have to give a Rewards Buck every time a child does something positive. Praise is even more important than a tangible reward.

Use the Program for at least 3 weeks. By that time you should see a noticeable change in the child’s behavior. Continue praising children for positive behaviors as you “catch them being good.”

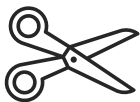




**Cut out
the die,
fold, and
tape or
paste
where
indicated.**



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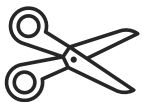


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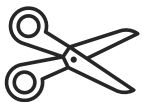


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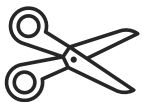


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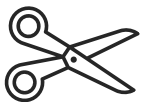


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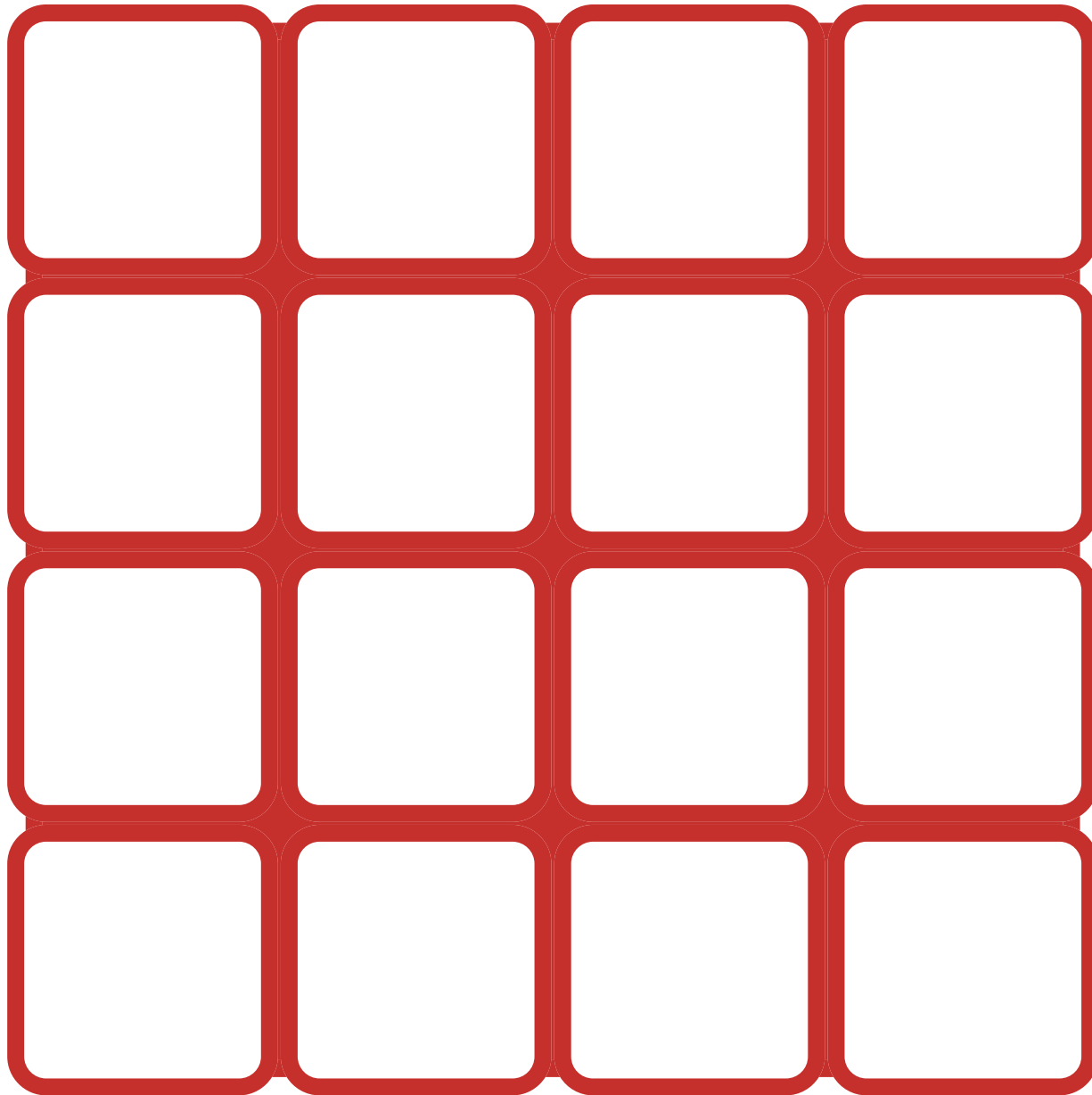


Reward Penny Pitch



**Stand about 1 foot away and throw a penny on the squares.
You get the prize where the penny lands.**

Rewards Penny Pitch



Stand about 1 foot away and throw a penny on the squares.

You get the prize where the penny lands.

Positive Behaviors I am Working On
