

# S.C.O.R.E. BOARD

**S=SPEECH, C=COOPERATION, O= OUTLOOK, R=RESPONSIBILITY, E=EFFORT**

Create your S.C.O.R.E. BOARD using any paper or board that you can hang on the wall or refrigerator. Wipe-off boards are ok, but can get smeared and points can be lost. A piece of poster board that can be written on with markers, works well and has difficulty being changed or altered.

- List each child's name, and each parent's name. This is a team effort. • Points are tallied in groups of 5 (using hashmarks |||| ).
- Creating a reward system works great so there is a set goal. For example: A penny per point. A gift card when so many points are reached. A picnic at the end of 2 weeks, movie night, ice cream party, etc.

## Children (& parents) earn points for the following:

- Using their manners without being prompted.
- Being kind and/or helpful to other family or friends without being asked.
- Doing anything generous or helpful that warrants recognition.
- Hard Work & consistency on breaking or forming new habits.
- Whatever you want to encourage.
  - The S.C.O.R.E. BOARD is used to help children relate to each family member in a respectful, peaceful way, as well as to encourage the use of manners & kindness throughout the day.
  - The S.C.O.R.E. Board helps children take responsibility for their own behavior and also gets parents in the habit of noticing the positive behaviors their children do & giving them recognition by posting points on the board.
  - UNACCEPTABLE BEHAVIOR: S.C.O.R.E. Board Points are NEVER taken away. However, if a child chooses to act in an inappropriate way, the next manners point will be harder to earn. EX: To earn their next point, they will need to have 2 or 3 respectful incidences (manners, kindness, etc.).
  - IMPORTANT: Remember that you are your child's strongest role model and if you consistently use manners when speaking to other adults and kids and consistently act in a manner that offers respect to others, your child will behave accordingly from your lead. You are on the S.C.O.R.E. Board so your child can hold you accountable as well, and give you points. It's a Family Mission.
  - INCENTIVE: BE CREATIVE! There should be a goal for each week of points. Here are some ideas:
    - If they achieve 30 points after 3 days, they can pick a very small prize from a treasure chest or shoebox full of party favors (Get em from the Dollar Store)
    - Brainstorm as a family, different goals everyone would like to reach. Time with you is the best prize. (ex: picnics, game nights, hikes, ice cream party).



## EXAMPLE

	M	Tu	W
Pete			
Com			
Mom			
Dad			



PumpedUpParenting.com

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