



# STAR CHART

when I get \_\_\_\_\_ stars, I will get \_\_\_\_\_

ACTIVITIES (Time)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Play time 5-6</i>							
<i>HOME work 6-7.30 (10 minute break at 6.40)</i>							
<i>TV &amp; Dinner 7.30-8.30</i>							
<i>Project time 8.30 - 9</i>							
<i>Quality time &amp; bedtime story 9-9.30</i>							

## *Tips for Parents:*

- *Spend quality time with children- 20 minutes everyday doing an activity child chooses to do (not academic)*
- *List the activities, discuss with the child and make the chart together.*
- *Include a few activities they routinely do along with those you want them to learn.*
- *Keep the length of list appropriate for age.*
- *Preferable to have separate charts for morning and evening routines.*
- *You can use colourful star stickers that are available in the market or draw with a sketch as per your preference.*
- *For young children you can use pictures of daily activities.*
- *Magnetic star charts with activities/paper charts with daily activities are available in the market.*
- *Give the stars immediately and appreciate the child for completing the activity.*
- *Give extra stars for special behavior- e.g., no tantrums, played nicely.*
- *Don't fail to get the child the reward that was agreed upon (many parents fail to keep their promise).*
  - *E.g., chocolate for 10 stars, Toy for 20 stars, Special gift for 50 stars*
- *Though the chart appears simple it is a powerful way of reinforcing positive behaviors in children and is an evidence based treatment strategy that is regularly employed by mental health professionals.*