

Ticket Skills

1 Purpose

- To work on a specific life skill like self-control, organization, kindness, respect, obeying, listening, loving words, etc.
- To provide a tangible way for kids to remember to think before they act or speak, and work on bettering themselves as they prepare to be an adult.

2 Materials

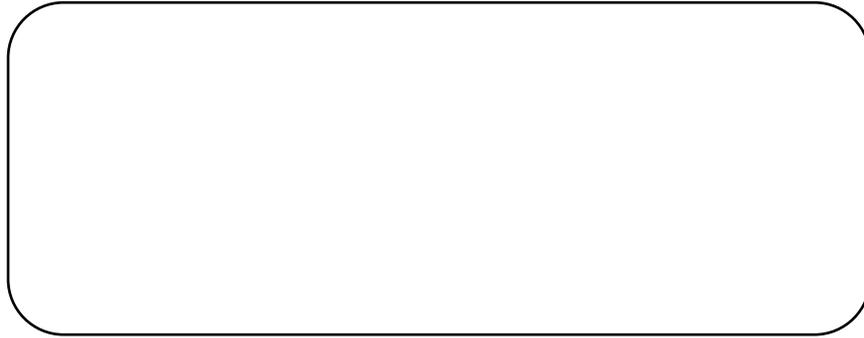
- Tickets
- Jar or cup
- Ticket Skills chart
- Stickers

3 How To Use:

- First and foremost, share your love for your child and your desire for them to learn how to be kind and loving in your home now so they will learn to be a kind and loving adult. Teach them how learning this particular skill will benefit them.
- Share with them the specific skill that you would like for them to work on for a given period of time: one day, one week, two weeks, etc. Post the skill on the refrigerator, white board, up in their room, or on the Ticket Skills Chart as a reminder. Note: some kids prefer to keep their Ticket Skill time private from the family so do what is respectful to each child.
- Give them three tickets every day and let them know that you will be posting those tickets on the refrigerator or bulletin board (anywhere that they can see them throughout their day). Let them know that those tickets are to help them to remember the skill that they are practicing and that you are there to teach them and help them get better at it. Let them know that over the next day or week or two that you will be taking away one ticket anytime they don't demonstrate that they are understanding that particular skill.
- At the end of the day, if they have any tickets left, they will get some Special Time: an extra 10 minutes of reading time with you, extra tickle time with daddy, extra TV time before bed, etc. Try to avoid giving candy or gifts. Extra time doing something with you is best—even if it's playing a little game of cards or their favorite video game with you for 5 extra minutes. You decide what they will enjoy or older kids can choose something that they would enjoy.
- Their goal is to have at least one ticket left at the end of the day.
- When they run out of tickets, you will write down the time of day on their Ticket Skills chart. Then the next day they will get three more tickets try again and see if they can go even longer. Congratulate them on any progress they have made.
- If they have any tickets leftover at the end of the day, they can use them to “pay” for their Special Time. You can also have them put a sticker or stamp on that day on their Ticket Skills Chart and give them a big hug or high five.

- If you're not seeing much progress in the first week, there may need to be a consequence for losing all three tickets. Some kids respond better to losing something than gaining something. You can still keep their special time the same and write down how far they made it throughout their day, but then if they lose all three tickets, they have to "pay" the consequence. Have this consequence set up in advance like having to go to bed 7 minutes earlier or something else minor but effective.
- At the end of every day, talk to them about what they learned about that skill. Be positive and encouraging. Congratulate them no matter how far they made it in that day. Remind them that tomorrow is a new day for them to try again. They will be older too so that will make it a little easier for them to try that skill. 😊 Again, try to provide them with ways that they will use that skill in your family as well as when they get out on their own. The idea is to give that skill an importance... something meaningful to their own life. They are learning this skill to make their lives easier, not yours. They don't have to know that it will indeed make your life easier too though. 😊

My Ticket Skill is...



How am I doing?

Monday:



Tuesday:



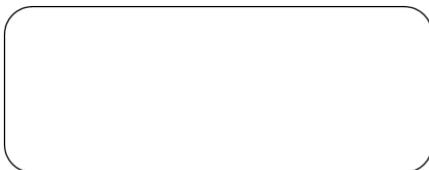
Wednesday:



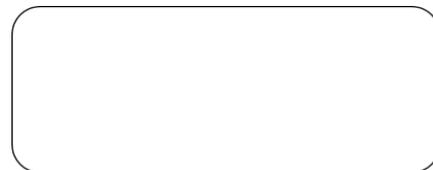
Thursday:



Friday:



Saturday:



Sunday:



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