

These things can help me at home – Key Competencies

- ✓ Help me learn that time and effort pays off. For example, when I say *This is too hard*, say, *That's great because now you have an opportunity to learn something new.*
- ✓ If I make a mistake, celebrate it as an opportunity to learn. Help me to understand that making mistakes will help me learn.
- ✓ If I feel like giving up on a task, encourage me to stick at it a little longer and/or to try another way to do it.
- ✓ When I say *That's good enough*, encourage me to ask if it is really my best work.
- ✓ Encourage me to apply the 'can do' attitude I have in rugby to my writing goals.
- ✓ Talk to me about the ways other people might see issues. Help me see things from a range of different perspectives.
- ✓ Give me increasing responsibility for a task that will help at home, e.g. I could feed the cat, empty the rubbish on Saturdays or help prepare dinner on Sundays.
- ✓ Help me to manage my television viewing time by giving me television tickets. Each week I could be given an agreed number of tickets that can each be used for 30 minutes of TV time. A variation is that any tickets remaining at the end of the week could be cashed in for 25 or 50 cents each.
- ✓ Help me see my problems are temporary, by saying they are *glitches, snags or hard spots* and talking with me about things I can do to get through them.
- ✓ Help me to role-play so I can see other people's views as clearly as possible.
- ✓ Help me to take more responsibility for my school things. For example, have me choose a place to put a cardboard box, perhaps near the door of my room. Every afternoon, I will put my school things in the box. When my home reading is done, it will go in the box, too. In the morning I will check the box before I leave for school.
- ✓ Help me to understand and experience the consequences of my choices.
- ✓ Help me break down bigger tasks (e.g. cleaning my room or getting ready for school) into smaller steps.
- ✓ Encourage me to do small things that will help others.