I Know I Can Make My Day!!!

I know what's expected of me and I will do my BEST!!!

(Note: The following are three behaviors that were chosen as the focus for a particular student. These will be changed as the student masters the behaviors. Notice that the behaviors are stated in the affirmative, which is an excellent way to help a student develop positive self-talk.)

I know that I can keep my hands to myself.

I *know* that I can be polite to everyone.

I *know* that I can use good table manners.

Today I will do my best to make my day.

Date

I read these Good Thinking Helpers to the following people. (*Note: For younger students, another positive way to remind the student of the parameters of the contract, while reinforcing oral reading skills.*)

1	2
3	4
5	6