

ADHD Goals

Please circle one goal for your child for home and one goal for school:

Example Home Goals

DOMAIN	EXAMPLE GOALS	IDEAS FOR REWARDS
Behavior	Follow parent's directions. Respect personal property and property of others. Use appropriate language (no swearing, vulgarity). Show honesty (don't lie, cheat, steal). Be polite and use acceptable manners. Accept consequences without arguing or complaining.	<ul style="list-style-type: none"> • Favorite Dessert • Play dates/sleepovers • No chore day • Renting movie/video game • Board games with parents. • Extra screen time (TV, video/computer games) • Date with parent or other special member (e.g., grandparent). • Dinner at favorite fast food • Staying up late • Wrestling with Dad.
Interpersonal Relationships	Cooperate with siblings and friends (share, take turns, play by the rules). Participate in family/group activities. Be sensitive to the needs/feelings of others. Respect the personal space of others. Give compliments to family members. Invite others to play.	
Emotions	Share or express feelings with others. Express anger appropriately without destroying property or being aggressive. Control temper when frustrated or in conflict situations. Accept constructive criticism without losing temper. Respond calmly when not getting own way. Respond to teasing or aggression without losing self-control.	
Responsibilities	Perform daily household chores or tasks. Do homework on time. Finish tasks when requested. Take care of personal possessions and property. Follow daily schedule (morning routine, bedtime). Make smooth transitions from one activity to another.	

Example School Goals

DOMAIN	EXAMPLE GOALS	IDEAS FOR REWARDS
Behavior	Follow teacher's directions. Respect personal property of others. Use appropriate language (no swearing, vulgarity). Show honesty (don't lie, cheat, steal). Be polite and use acceptable manners. Accept consequences without arguing or complaining. Be on time for class.	<ul style="list-style-type: none"> • Extra recess time • Free time • Stickers • Small treats • No homework day • Grab bag • Extra computer time • Teacher's helper • Chance to lead an activity.
Interpersonal Relationships	Cooperate with peers (share, take turns, play by the rules). Participate in class/group activities. Be sensitive to the needs/feelings of others. Respect the personal space of others. Give compliments to friends and other children. Invite others to play.	
Emotions	Share or express feelings with others. Express anger appropriately without destroying property or being aggressive. Control temper when frustrated or in conflict situations. Accept constructive criticism without losing temper. Respond calmly when does not get own way. Respond to teasing or aggression without losing self-control.	
Responsibilities	Complete classwork without supervision. Complete homework assignments and turn them in on time. Complete tasks within stated time demands. Take care of personal possessions and property. Make smooth transitions from one activity to another.	