



## The Behaviour Jar

This is a Behaviour Jar, an alternative to the Behaviour Chart and one that I feel takes a far more positive approach to behaviour modification for children.



The idea here is a simple one...your child starts at 100% good and now all they have to do is stay there! This tells your child that you believe in their capacity to show you positive and good behaviours and also allows them to make up for days that don't go so well.

I have chosen to fill my jar with coloured Styrofoam pieces but you, depending on the age of children in your family, may choose marbles or coloured ping-pong balls. Once full, you place a green strip a little from the top, an orange strip half way down and a red strip about a third from bottom. The message to your child is that you see them as 100% good, if they have a challenging day when behaviour might not be as good as expected they lose a ball or two depending on what has happened.

They can earn this ball back if they show extra good behaviour later and if at the end of the week they are above the green line they are rewarded with a privilege (not a thing, give time instead), this could be 10 extra minutes before bed, they might get to make cakes/cookies with you or get to choose an outing/activity to do with you. If they end the week on orange then they neither gain nor lose a privilege and if the end on red they lose a privilege i.e. must go to bed 10 minutes earlier than usual or perhaps spend time doing a chore for you that is not fun but within their capability to do.

The difference between this and a Behaviour Chart is that often children find Behaviour Charts quite shaming in that it is hanging on the wall for anyone to see and recognise, this just looks like a jar of pretty coloured balls and it's meaning is between you and your child. The Behaviour Chart also reinforces the negative behaviour whereas this jar highlights the positive and tells the child that they are and can be 100% good and also empowers them to recover from transgressions and end the week on a high note.

Try it at home yourself!!

 **Joanna Fortune**

For further information about this or other child development/behavioural challenges contact  
Solamh - Parent Child Relationship Clinic on 01-6976568 [www.solamh.com](http://www.solamh.com)

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